

FAMILY SUPPORT FOR MILITARY SEXUAL TRAUMA

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For more information about the SAGA program to help veterans with PTSD see
<http://www.sift.net/research/health-and-telemedicine/saga>

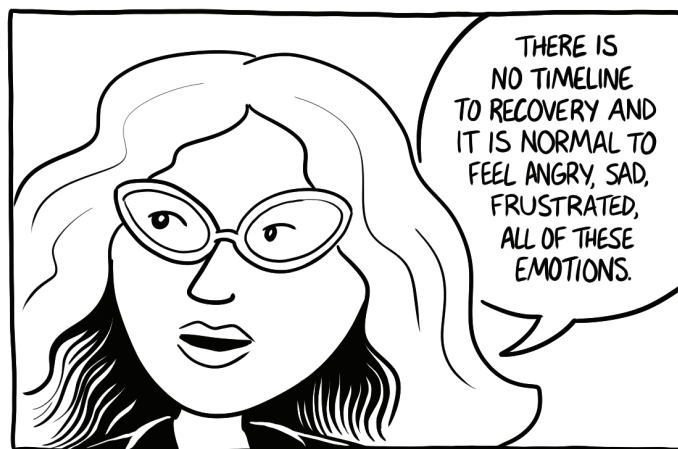
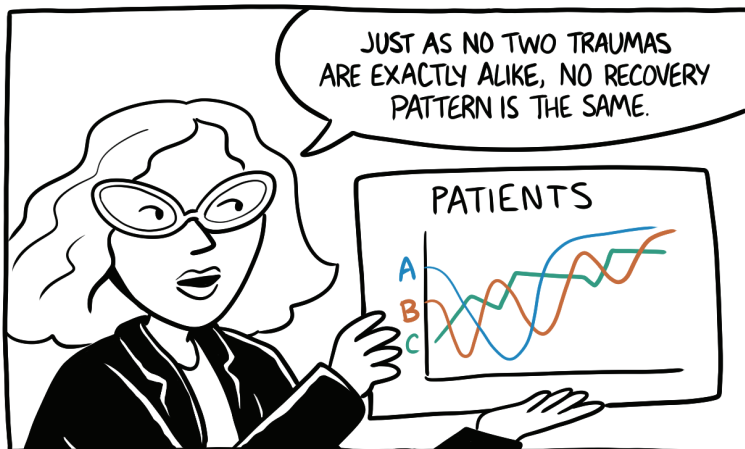
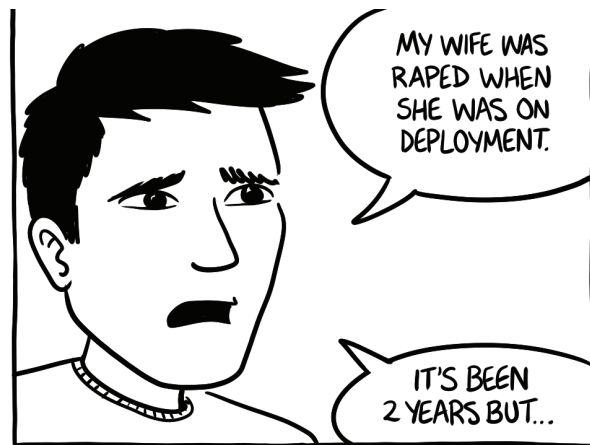


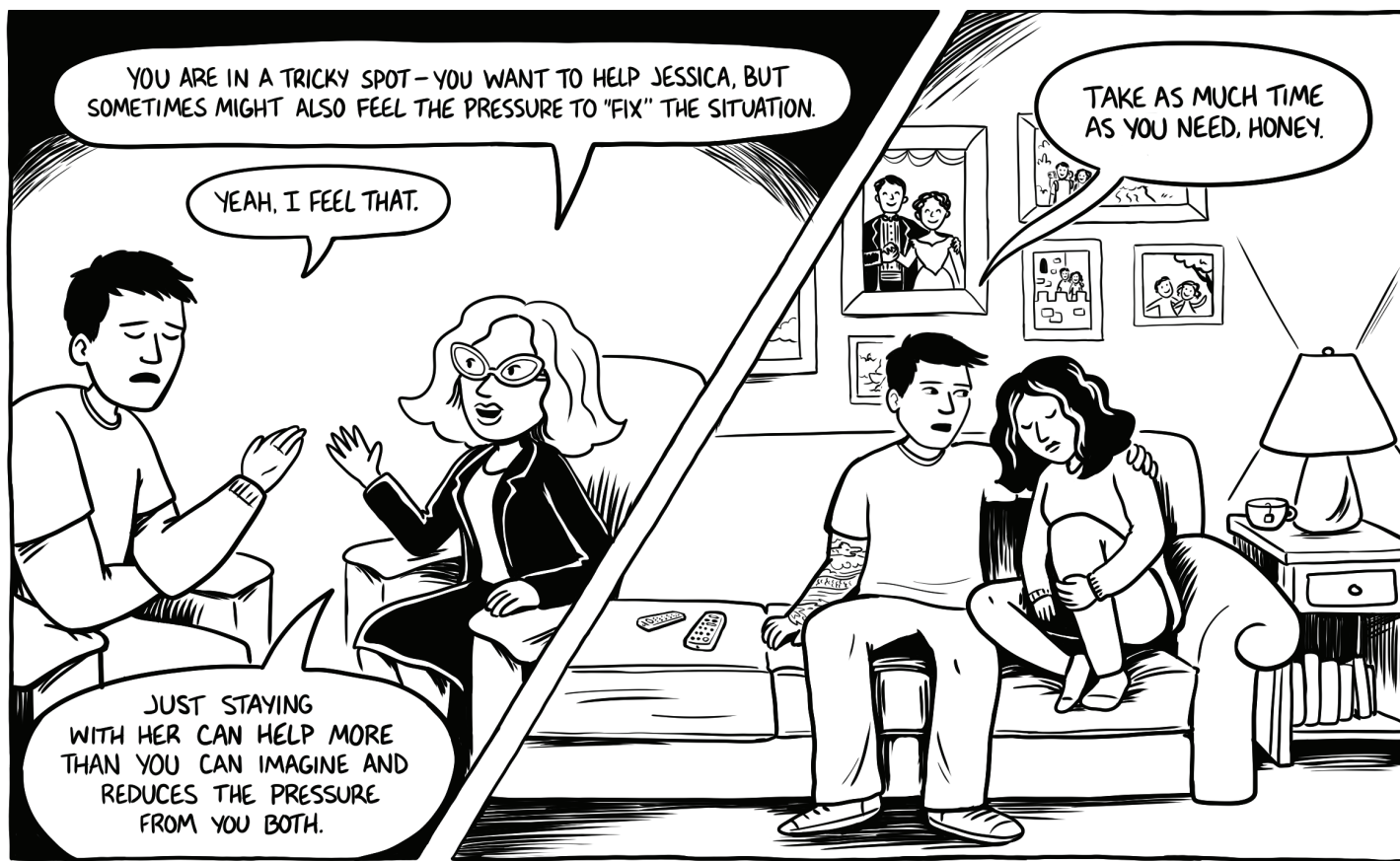
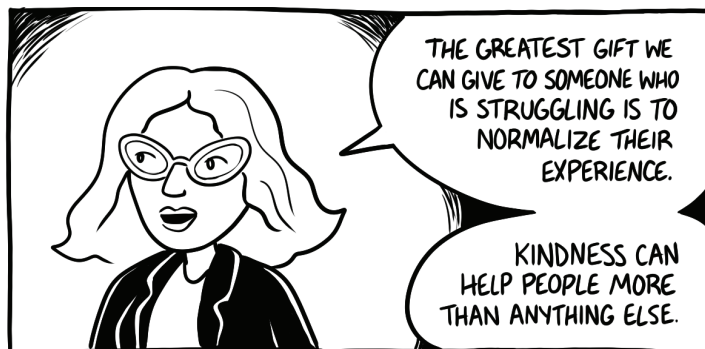
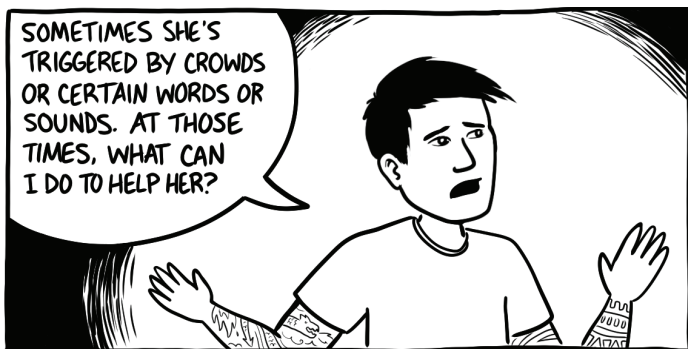
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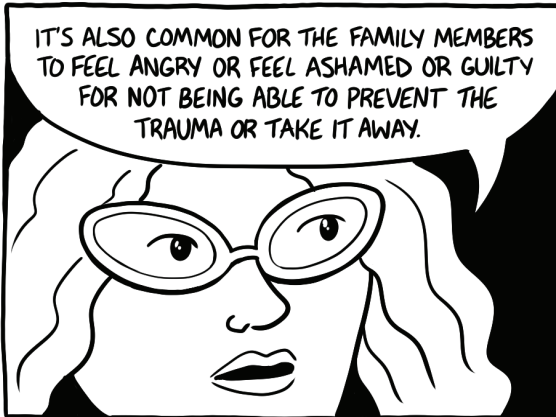
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SAGA FAMILY SUPPORT for MST



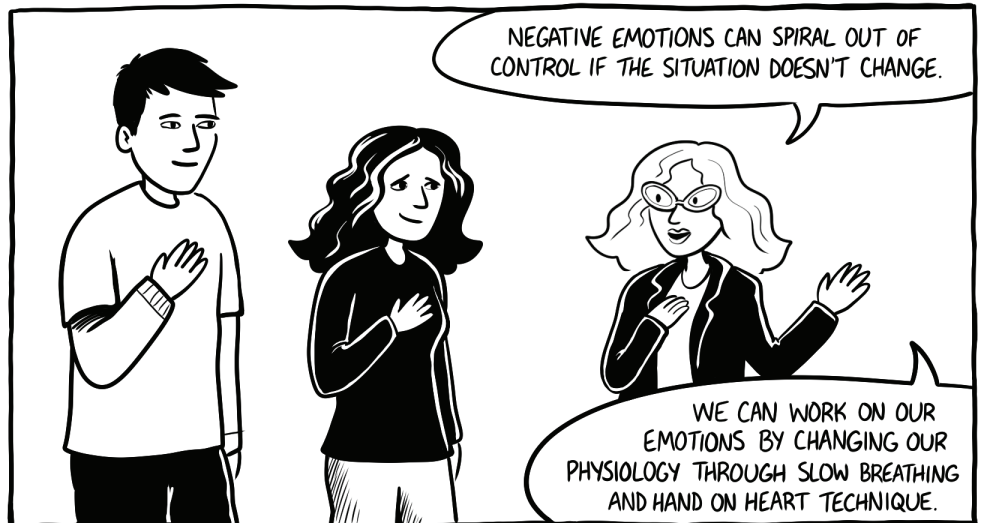






THESE JUDGMENTS AND FEELINGS ARE COMPLETELY NORMAL AND MEAN THAT YOU CARE *THIS* MUCH ABOUT THIS INDIVIDUAL TO WANT TO HELP THEM.

DURING THESE DISTRESSING MOMENTS YOU CAN PRACTICE TAKING LOVING KINDNESS BREATHS, EITHER BY YOURSELF OR WITH JESSICA.



PLACING A HAND ON ONE'S HEART AND TAKING SLOW COMPASSIONATE BREATHS CAN HELP REDUCE STRESS. TO PRACTICE A LOVING KINDNESS BREATH, FOCUS ON BREATHING IN AND OUT. ON EACH INHALATION, FOCUS ON TAKING IN THE STRENGTH, LOVE, AND SUPPORT THAT YOU NEED FOR YOURSELF, AND ON EACH EXHALATION, SEND STRENGTH, LOVE, AND SUPPORT TO YOUR PARTNER.

SLOW, DEEP BREATHS ACTIVATE THE PARASYMPATHETIC NERVOUS SYSTEM, SLOWING YOUR HEART RATE AND SHUTTING DOWN YOUR BODY'S FIGHT OR FLIGHT RESPONSE.

TO GET THE MOST OUT OF BREATHING EXERCISES, LET YOUR ABDOMEN AND RIBCAGE EXPAND OUTWARD EACH TIME YOU INHALE, SO YOUR LUNGS CAN FILL UP COMPLETELY. SHALLOW BREATHING AND STRESS GO HAND IN HAND.

TRY INHALING AND EXHALING TO A COUNT OF THREE OR FOUR, MAKING THE BREATHS EQUAL IN LENGTH.

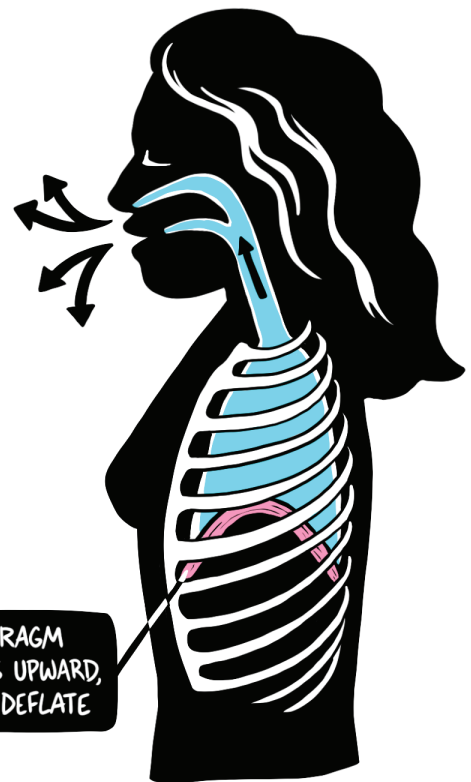
INHALE



BELLY PUSHES OUT

DIAPHRAGM CONTRACTS + PULLS DOWN, INCREASING SPACE IN CHEST CAVITY

EXHALE

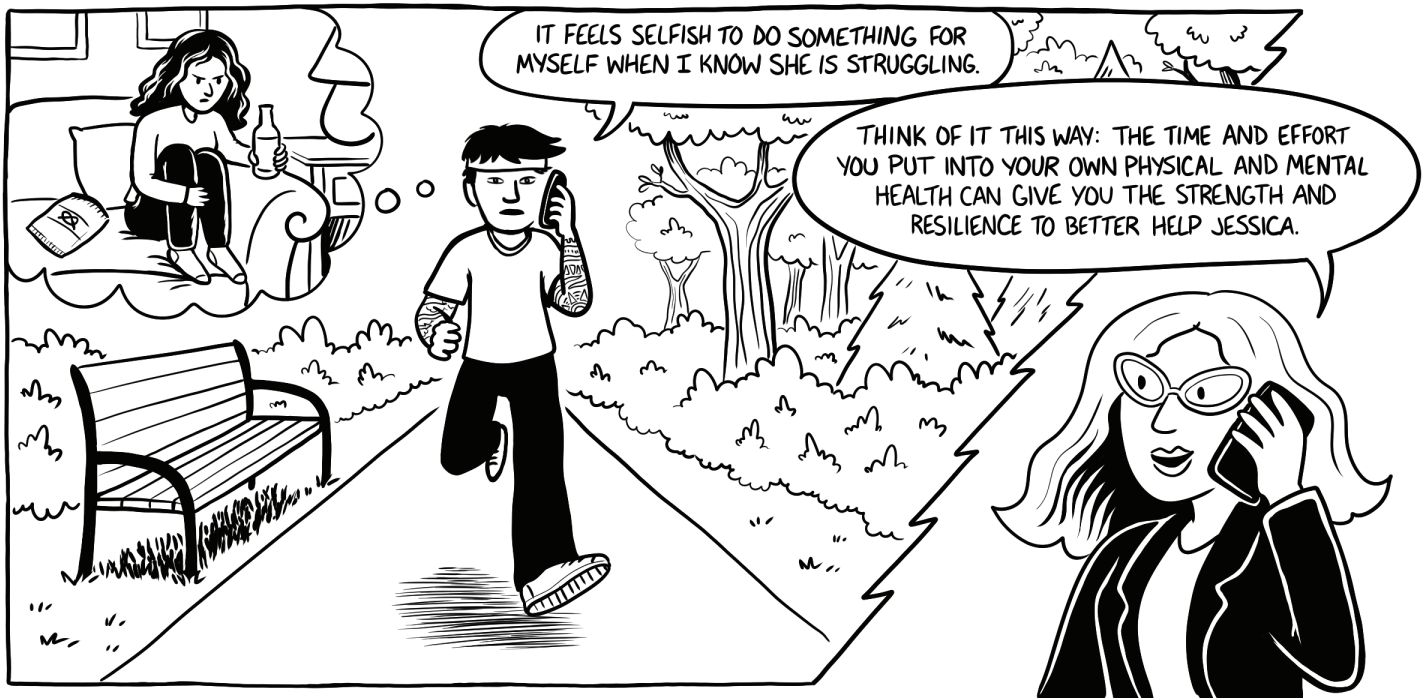


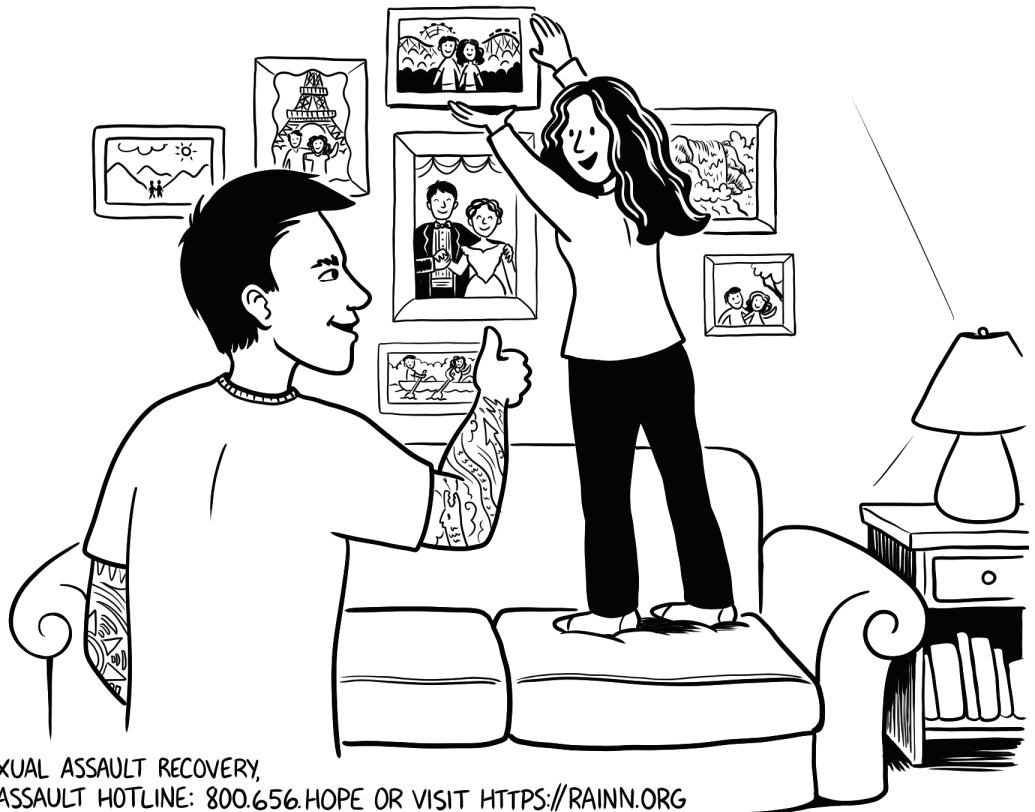
DIAPHRAGM RELAXES UPWARD, LUNGS DEFLATE



BECAUSE TAKING CARE OF SOMEONE REQUIRES A LOT OF PATIENCE AND EFFORT, IT IS ABSOLUTELY NECESSARY FOR YOU TO ALSO TAKE CARE OF YOURSELF.

SELF-CARE CAN INCLUDE PROPER SLEEP, EXERCISE, ENGAGING IN HOBBIES, LIKE VIDEO GAMES, MOVIES, OR PAINTING, AND OTHER REJUVENATING ACTIVITIES.





FOR MORE INFORMATION ABOUT SEXUAL ASSAULT RECOVERY, PLEASE CALL THE NATIONAL SEXUAL ASSAULT HOTLINE: 800.656.HOPE OR VISIT [HTTPS://RAINN.ORG](https://RAINN.ORG)