



*Exercise:*

# PSYCHOLOGICAL EMERGENCY TECHNIQUES

## ABOUT THIS EXERCISE

When you are in a state of psychological emergency it is likely you will have tunnel vision, which makes it hard for you to focus. It is important to first take steps to control your breathing before then assessing the risk. The guidance in this exercise includes a breathing technique to first help you relax followed by an assessment of the risk.

## ❓ HOW TO DO THE EXERCISE

To do this exercise you need to be familiar with the technique of diaphragmatic breathing. You can learn more about this by reading the following [exercise](#).

Prepare your body for the exercise:

1. Sit or lay down in a comfortable position.
2. Close your eyes and place one hand on your chest and another on your stomach. Notice how you're breathing.
3. Observe how your body feels.

Do three cycles of diaphragmatic breathing:

1. Breathe through your nose, stomach first, in a four-second count.
2. Hold your breath for four seconds.
3. Exhale through your nose, stomach first, in a four-second count.



4. Hold your breath for four seconds.

5. Repeat this exercise three times.

## HOW TO ASSESS THE RISK

Once you have relaxed, it is then important to assess the risk. To do this, you will need to do the assessments in chapter two of the guide. Take as much time as you need. Before you act, remember your attacker is seeking notoriety, and they won't achieve that goal if you hold back from responding.