

Center for the Study of Traumatic Stress

Helping others Calm an Acute Stress Response (Horror, Fear, Agitation)

NEAR

Stand or sit near them and say: “Look at me.
Can you hear me?”

CONNECT

“I’m going to squeeze your arm, you squeeze
me back.”

“Look in my eyes. See me here.”

“I’m right here with you, I’m not going
anywhere. You are not alone.”

“Talk with me — what are you thinking?
I am here with you.”

CALM

“Take deep breaths. Keep your eyes open.”

“Tap your finger slowly on your leg or arm —
feel the tapping? Tap slowly, count with me.”

PRESENT

“Hold my hand. We are ok. We will work to
stay ok.”



www.CSTSONline.org



Cut along
dotted lines.

Fold in half.