

First aid for mental health problems

Breathing exercises for increased anxiety

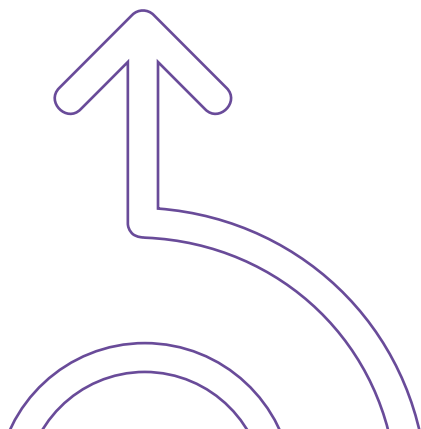
Breathing exercises can be used not only for anxiety, but also **at any time of the day** to relax the muscles and the mind.

Option one

1. Find a quiet room, sit down on a chair or on the floor so that you are feeling comfortable.
2. Take a breath for **4 seconds**.
3. Hold your breath for **7 seconds**.
4. Exhale for **8 seconds**.
5. Repeat the whole cycle ten times or until you feel better. The technique can also be done in shorter intervals, but it is important that the exhale is twice as long as the inhale.

Option two

1. This technique can be done in a sitting position, standing or lying down.
2. Take a short breath for **2-3 seconds**.
3. Hold your breath for **1 second**.
4. Exhale gently for **4-6 seconds**.
5. Be aware of your mood and feelings of anxiety and repeat the exercise for at least five minutes until relief occurs.



For more information, contact:



IN IUSTITIA

Justýna Counselling Centre
Prague office

MON and TUE 9 a.m. – 5 p.m.

WED 9 a.m. – 1 p.m.

appointment needs to be arranged in advance
Eliášova 28, 160 00 Prague 6

+420 773 177 636

poradna@in-ius.cz

www.poradnajustyna.cz



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**Have you become
a victim of bias violence
and do you need
psychological support?**

Contact a therapy service of Justýna Counselling Centre

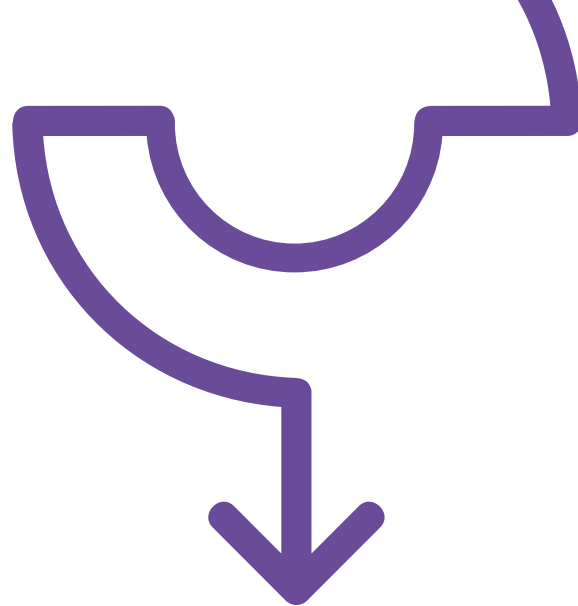
After the assault you may feel

- Fear
- Anxiety
- Sadness
- Anger
- That you are not safe
- Shame
- Guilt
- Concern when moving around in a public space
- Fear of a repeat attack
- Sleep quality deterioration
- Lack of emotional support
- That you cannot trust anybody
- That it is too much for you
- That you are just on your own

Bias violence is encountered when people are attacked for who they are.

Such assaults can be unexpected and unprovoked. **It is a challenging life situation** over which the person being attacked loses all control and, if there is a lack of support from those around them, may be left to cope alone.

The very experience of bias violence is something that shakes the foundations of overall psychological well-being and can leave scars on both body and soul. If you have found yourself **experiencing some of the above difficulties after having been assaulted, do not hesitate to contact Justýna Counselling's therapeutic service** for help, it is not a shame or a sign of weakness.



If you notice a deterioration in your psychological state, please do not hesitate to contact the following service:

Therapeutic Line Sluchátko

212 812 540

Mon, 12 – 4 PM

Tue, 4 – 6 PM

Wed, 1 – 8 PM

Thu, 12 – 2 PM

Fri, 12 – 3 PM

The line offers the first three phone calls free of charge.

Mobile app recommendation: Don't panic

What is psychotherapy?

Psychotherapy is a process in which a qualified professional uses psychological methods and the aim of the process is to **reduce your psychological difficulties** and help you to gain a broader view of yourself.

What you can expect from free therapeutic sessions at the counselling centre Justýna

- A **safe space** to share thoughts and emotions about the assault
- Respectful and non-judgemental approach
- Establishing a **trusting relationship** without fear of downplaying difficulties or disclosure
- Long-term opportunity to meet in person or online

It is good to know that

- The therapist is not a counsellor, his goal is to together with the client **understand** the situation and to **guide** them successfully through it.
- Therapy is not a magical process, sometimes requiring **longer term** regular visits and, above all, mutual **cooperation**.
- Therapy is not an obligation; every client has **the right to end the process** or request to change therapists.
- The main goal of therapy is not diagnosis, nor does the therapist prescribe medication.

