



Post EMDR Instructions

Congratulations on completing EMDR today. Healing is hard work, but very worth the effort. There can be a range of responses initially including: fatigue, brain fog, relaxation, energy, memories, high emotion.

The reprocessing you did today can continue for up to 24 hours, so please take care of yourself today. Here are some suggestions on how to do that:

- Give yourself a break today. Don't plan anything that will be emotionally, physically or mentally taxing if at all possible.

- Take care of basic needs
 - Eat well
 - Sleep
 - Walk
 - Drink water
 - Avoid alcohol, Benzodiazepines and marijuana

- Remember to practice calming exercises including:
 - Relaxed breathing
 - Visit you Safe Space/memory (see handout)
 - Practice Containment (see handout)
 - Access your support system

- Contact me if needed:
Maggie Robbins, LPC
970-689-7692

- Should you need immediate assistance, please call 911 or go to your nearest emergency room.