

# The Power Backpack

For women\* who have experienced violence

Verein  
**Leicht Lesen**  
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**Ninlil** Empowerment und Beratung  
für Frauen mit Behinderung



**A book by:**

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# Introduction

## What is the book about?

The asterisk \*  
is explained on  
page 8.

This book is for women\* .....  
who have experienced violence.  
It may have happened a few months ago.  
Or many years ago.  
Bad experiences can even have consequences  
after a long time.  
Suddenly women\* feel bad.  
Even though nothing happened at the time.  
This book is intended to help women\* to  
feel better in such moments.  
This is why we have written down many exercises in this book.

Women\* can use the book to put together  
their power backpack for emergencies.  
This power backpack can accompany them  
in difficult moments.



All information and all exercises are available on this website:  
**[www.kraft-rucksack.at](http://www.kraft-rucksack.at)**

All information and exercises  
are also available in Austrian sign language.  
For people with hearing impairments.



You can find these videos on this website:  
**[www.kraft-rucksack.at](http://www.kraft-rucksack.at)**



This book is not a substitute for counselling or therapy.  
When women\* have experienced violence,  
it is very important that they get help.

For example:

- You can call a free emergency number for women\*.
- You can find a list of women's helplines in  
46 countries on page 89.
- You can look for a psychotherapist\*.  
A psychotherapist\* is a person with whom you can talk  
about your problems.
- You can go to a women's counselling centre.

In all of these places, the people who work there  
know a lot about violence.

Together, we think about how women\*  
can find their strength.

**This is important:**

Have you experienced violence recently?

Are you feeling very bad right now?

Get help!

Find a person you can trust.

Tell the person what happened.

The person must not tell anyone else about it,  
if you don't agree to that.

If another woman\* is feeling bad,  
you can get help for her, too.

You can find a list of women's helplines in  
46 countries on **page 89**.

The employees\* can tell you  
where you can get the help you need.

# How do I read the book?

You don't have to read the book  
from beginning to end.

Browse through it.

Make a note of anything that you want to try.

Or that you want to read later.

Someone else can also read the book to you.

Or you can read the book together with someone else.

## **This is important:**

If you don't feel well while reading,  
put the book down.

If you want to,  
talk about it to someone.

To someone you trust.

## The book has 4 parts

### **Part 1:**

In Part 1, you will find a lot of information  
about trauma.

You can read about this:

- What is trauma?
- How does trauma happen?
- How could trauma affect you?

## **Part 2:**

Part 2 is about the question, "How do I feel right now?"

Here, you will find information and exercises.

You can read about this:

- ➔ How do I work out how I'm feeling right now?
- ➔ What exercises can help me with this?

## **Part 3:**

In Part 3, you will find exercises for emergencies.

You can read about this:

- ➔ What can I do if I'm feeling bad right now?

## **Part 4:**

In Part 4, you will find exercises for good times.

You can read about this:

- ➔ How can I draw new strength?
- ➔ What can I do to feel my strength better?

## **What does the asterisk \* next to the words mean?**

In the book you will find words

with an asterisk \*.

For example, woman\* or caregiver\*.

The asterisk \* shows that there is much more than woman and man.

And that there are many different ways of being a woman\* or a man\*.

The asterisk \* stands for diversity.

# How do I do the exercises?

You can do the exercises alone.

Or together with someone you trust.

This person can read the instructions to you  
and guide you through the exercise.

You can do the exercises sitting or lying down.

## **This is important:**

You should be comfortable.

Your upper body should be straight.

You can close your eyes  
or keep them open.

It is important that you feel good.

If you notice:

I don't feel good anymore.

Stop the exercise.

Not every woman\* likes the same exercises.

Sometimes an exercise is the right thing.

Sometimes it isn't.

You can best feel for yourself

what is right in the moment and what is not.

Trust your feelings.



# My Power Backpack

In this book you will find many exercises you can do to help you feel better. You can pack your own Power Backpack with the exercises.

## This is how you pack your Power Backpack:

- Find exercises that you like.
- Try the exercises.
- Write the exercises you like on pieces of paper.
- Put the pieces of paper in the backpack.
- When you feel bad again, open your power backpack.
- Now do the exercises that can help you best.

If you don't want to write down the exercises, there are other ways to do it.

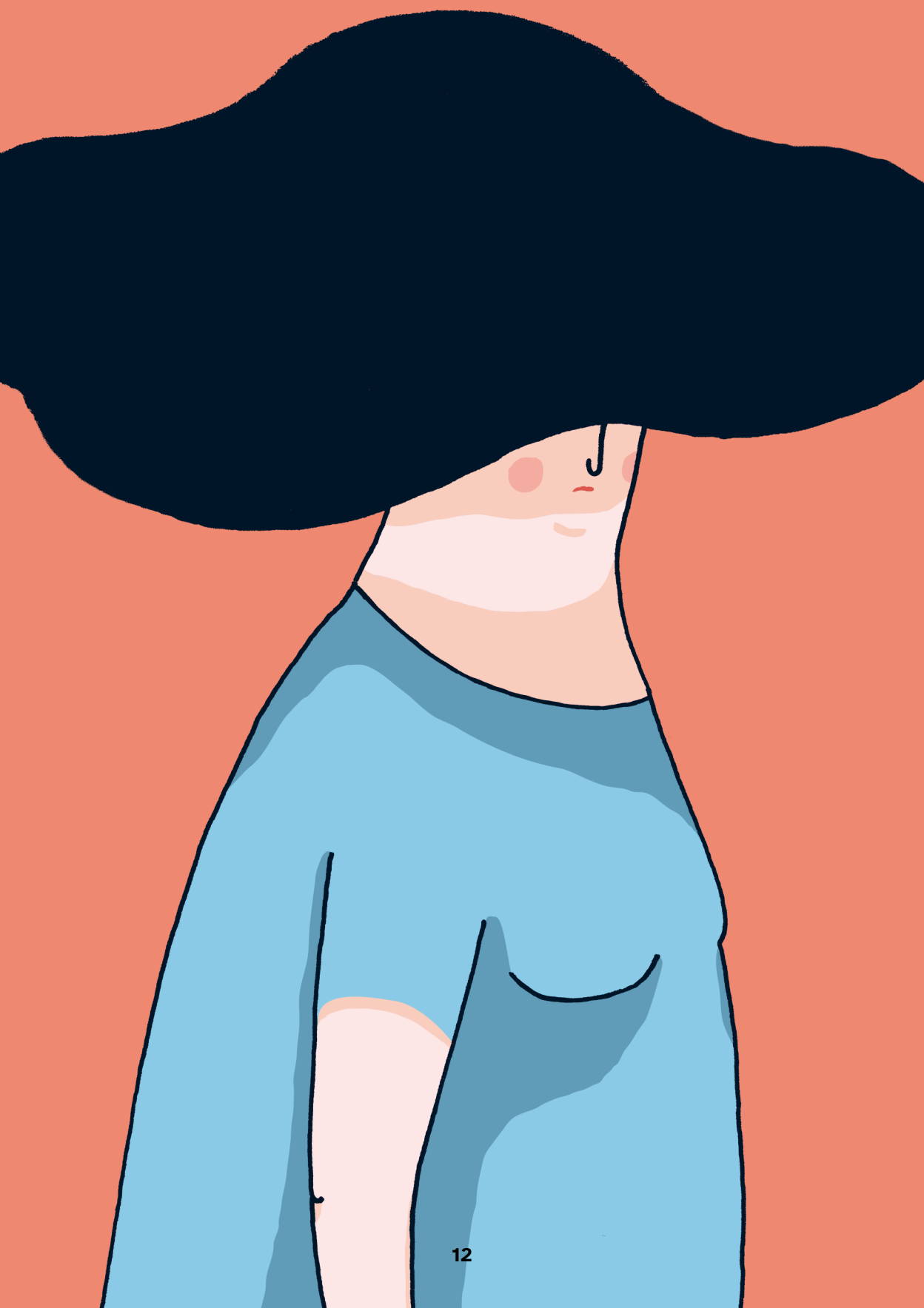
For example:

- Draw a picture.
- Find an object for the exercise.

If you don't want to use a backpack, there are other ways to do it.

For example:

- Use a box or a folder.





## Part 1:

### Information about trauma

Sometimes people feel bad.  
And they do not know why.  
Trauma may be the reason why.

- What is trauma?
- How does trauma happen?
- What happens in the body during trauma?
- What is a trauma consequence?
- How can trauma consequences be triggered?
- What kinds of trauma consequences are there?

# What is trauma?

There are bad experiences.

They may have happened a long time ago.

A few months or many years.

For example:

- a very serious accident
- beating or hitting
- sexual abuse as a child or teenager
- rape
- experiences in a war
- name-calling, insults or being left out

These bad experiences can turn into trauma.

Any person

who has experienced trauma

is overwhelmed by it.

Trauma is a bad experience, so bad,  
that it feels impossible to cope with.

The body and the mind remember

these bad experiences.

That is why a person can even feel bad many years later.

# How does trauma happen?

Various forms of violence  
can lead to trauma:

## → **Physical violence:**

For example: When a woman\* is beaten or hit.

## → **Psychological violence:**

For example: When a child is neglected.

This means that the parents do not take care of the child.

When a woman\* is called names and insulted.

When a woman\* is laughed at.

When a woman\* is shouted at.

## → **Sexual violence:**

For example:

When a woman\* is raped.

Or when a girl\* is sexually abused.

## → **Institutional violence:**

For example:

When a woman\* is not allowed to make  
her own decisions about her daily life.

For example:

She is not allowed to decide who she lives with in a shared flat.

Or at what times she may eat, have a shower or get dressed.

However, trauma can also occur  
when there has been no violence.

For example:

When a very important person dies.

Or when an accident happens.

# What happens in the body during trauma?

In trauma, the body is  
in a state of emergency.

The body is setting off an alarm.

The person then feels very unpleasant feelings.

For every person, these feelings can be different.

Some people ...

- ... feel their heart racing or beating wildly.
- ... start sweating heavily.
- ... breathe faster or hold their breath.
- ... become angry and aggressive.
- ... become fearful and desperate.
- ... feel helpless.
- ... get all quiet.

When an experience is very bad and unbearable,  
some people don't feel anything at all.

Or they feel like they're outside their body.

Or they are under the impression  
that the experience is not happening at all.

Other people

forget the experience very quickly.

There are reactions which all people have  
when they experience trauma:  
They want to flee, fight or freeze.  
You don't choose these reactions.  
Your body does that by itself.  
We call these reactions reflexes.  
In an emergency, it is normal  
that reflexes tell the body what to do.

## What is a trauma consequence?

Trauma can have many consequences.  
Some people feel the effects  
right after the bad experience.  
Some people do not feel the consequences until much later.

All the feelings and sensations  
that were there during the bad experience  
can then come back.  
It can happen all of a sudden.  
Even without a reason.

It is often very difficult to understand  
Why you feel bad.  
Or why the body does what it does.

# How can trauma consequences be triggered?

There are many different things that cause trauma consequences. Some trauma consequences happen for no obvious reason.

But sometimes there are causes that have to do with the trauma. For example, a smell or a sound. Something that was there when the traumatic experience happened. It may be that the body has memorised the smell or sound. Even if you don't actually remember it. These causes are called triggers. A trigger is something that sets off a trauma consequence.

For example:

- a smell
- a noise
- a picture
- It can also be a specific day. Christmas, for example.

The affected woman\* often does not even know that a certain trigger is related to her trauma. However, she experiences the same strong and unpleasant feelings as she did then.

# What kinds of trauma consequences are there?

Trauma consequences can show in many different ways. Here, we have written down feelings and sensations which may have to do with trauma. People can also have these feelings and body reactions without trauma.

For example, this means:

Just because I am often very angry does not mean I have experienced trauma.

But:

Very strong feelings and bodily sensations may be trauma consequences.

Trauma consequences exist in different areas:

In feelings, thoughts, in the body or even in behaviour.

On the next few pages, you will find examples of this.

This is what a woman\* who has experienced violence says:

“When I talk about my experiences,  
talk about such things,  
I sometimes think to myself, that wasn’t me.  
And then when others also talk about it,  
I get so angry that it happened to us.”





## Feelings

### **Fear**

For example:

- Fear of seeing the person again who acted violently against me.
- Fear of people who look like the person who acted violently against me.
- Fear of someone who looks at me strangely in the street.

On page 34 you can read more about the feeling of fear.

### **Rage, anger, aggression**

For example:

- I get annoyed with people around me very often.
- I often want to scream and say swear words and I'm not sure why.
- I hurt myself. For example, cutting myself, pulling out my hair, or hitting myself.

On page 33 you can read more about the emotion of anger.

### **Sadness**

For example:

- I think other people don't understand me and no one can help me. I feel all alone.
- I often feel heavy-hearted and without hope.
- Everything is difficult for me. Even getting up feels too difficult.
- I can't do other things, either.

On page 36 you can read more about the feeling of sadness.

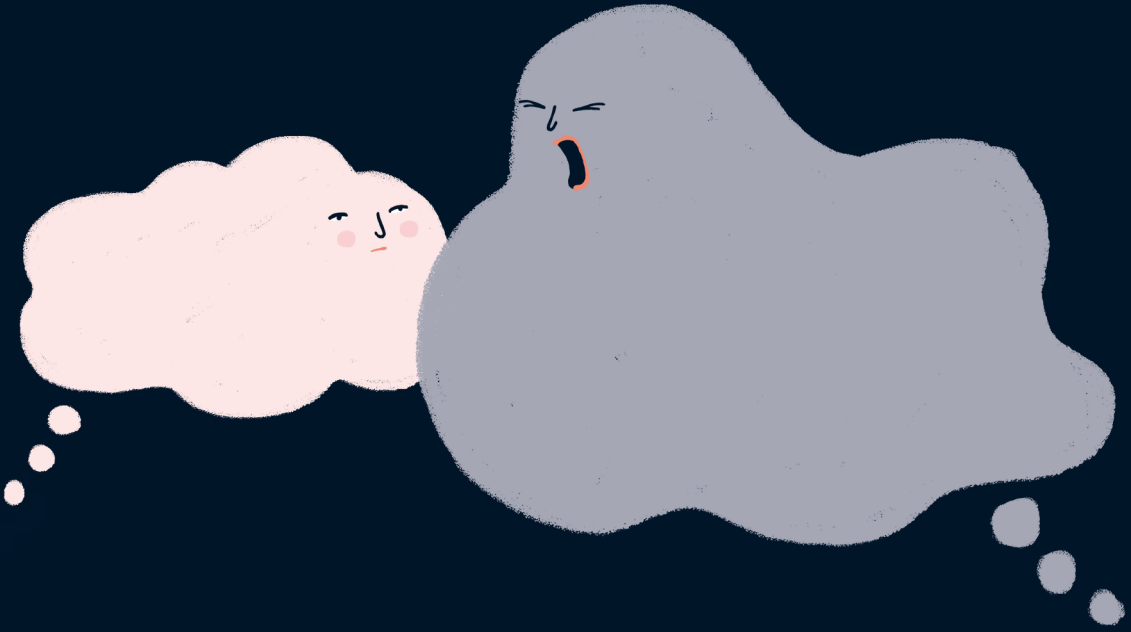
## **Feelings of guilt and shame**

For example:

- I sometimes think it's my own fault that I had bad experiences.
- I am afraid of the way other people look at me.
- I sometimes think that others think badly of me.
- I sometimes think that I am worth less than other people.
- Sometimes I feel ashamed.  
Then it is difficult for me to look others in the eye. I would like to hide.
- I am often afraid that others will laugh at me.
- I sometimes think that everyone else is more  
→ beautiful, more clever, or better than me.

On page 37 you can read more about the feeling of shame.





## Thoughts

### **I suddenly think differently about other people.**

For example:

- I have an argument with a carer\*.  
After the argument I think to myself:  
“All carers\* are mean. No one is fair to me.  
I don’t see the nice carers\* at all.”

### **I suddenly think differently about myself.**

For example:

- I am helpless and vulnerable.  
I can’t do anything on my own.  
I don’t see my strengths and my power anymore.
- I am worse than all other people.  
I have lost my self-esteem.
- I’ve always been treated badly.  
It’s normal for me.

### **I suddenly think differently about the world.**

For example:

- The world is dangerous.  
I don’t feel safe anywhere.
- The whole world is against me.  
Bad things always happen to me.

## Behaviour

For example:

- I often get very upset.  
And I lose control.  
Sometimes I just scream.  
Or I suddenly have to laugh out loud.
- I am aggressive towards myself.  
Or I'm aggressive towards other people.  
I break my furniture.  
I bang my head against the wall.  
I cut myself.  
I get very angry over little things.
- I neglect myself.  
For example:  
I don't like taking a shower anymore.  
Or I don't put on fresh clothes.
- I drink too much alcohol.
- I take drugs.
- I eat way too much.  
Or I eat way too little.  
Sometimes I vomit after eating to get it all out.  
Those are called eating disorders.
- Everyday life becomes very difficult.  
Suddenly, things that were no problem before  
no longer work out.



## Body

For example:

- I have headaches very often.
- I think I'm standing next to myself.  
And I am watching myself.  
I'm not even in my body anymore.
- My heart is often racing or beating wildly.  
My chest feels tight, as if a stone is lying on it.  
Then I am afraid that I will die.  
We also call this a panic attack.

### **This is important!**

Only experts\* can say whether something is a trauma consequence or not:

For example:

- **Psychotherapists\***  
These are people you can talk with about your problems.
- **Psychiatrists\***  
These are medical specialists\* who know a lot about mental health problems and can prescribe medication.







## Part 2: Exercises for feeling and identifying

How am I feeling right now?

- Feeling my emotions
- Feeling my breath
- Feeling my senses
- Identifying a high level of tension
- Identifying early warning signs of tension
- Feeling and accepting temporary feelings

Trauma can mess everything up:

- Emotions.
- The way I feel my body.
- The way I behave.

It can therefore be difficult to know  
how you are feeling at any point.

In this part of the book, we have collected exercises  
which can help you find out  
what is going on inside you.

This is important  
so that you can improve things  
afterwards.

Important information for all exercises:

Try out  
what feels good for you and what does not.  
You can do the exercises alone  
or with the help of someone.  
You can always stop  
if you do not want to keep going with an exercise.

# Feeling my emotions

Emotions arise as a kind of response  
to what I am experiencing.

Emotions show me  
how I'm doing right now.

Emotions can feel good.

But they can also make me sick.

Or make life harder.

Emotions can be very confusing at times.

For example, when I experience something  
and I feel good and bad emotions at the same time.

Then it can be a good thing to be able to sort  
through these emotions.

The next few pages should help with that.

Here are descriptions of four important emotions  
which cause problems for some women\*:

Anger, fear, sadness and shame.

## Anger:

### A powerful emotion

Anger is a very powerful emotion.

When people cannot control their anger,  
it can cause many problems.

For example:

When I hurt others because of my anger.

Or if I hurt myself.

Anger can have its good sides, too.

Anger brings a lot of energy and power.  
Anger can be used to defend yourself.  
It makes you strong.  
Anger can make people who feel weak feel strong again.

## Fear:

### A threatening feeling

Many people are afraid or scared.  
They are afraid of other people, for example.  
If you are very scared,  
this can keep you from living your life.  
For example:  
I'm afraid to leave the apartment.  
I never try anything new.  
I'm afraid  
something bad might happen when I do this.

If you are very afraid,  
it can be difficult  
to be cheerful.

Fear can have its good sides, too.  
Fear warns people of danger  
They can then run away, or fight back.  
Fear can protect you.





## Sadness:

### A heavy feeling.

Many people know the feeling of great sadness.

Everything feels heavy.

You often feel lonely.

Some people have to cry a lot.

Nothing feels nice anymore.

Crying can also make you feel better.

For example:

When I feel the sadness and cry a lot,

I can feel better afterwards.

Sadness can also have its good sides.

For example:

Sadness shows me

what's important to me.

It shows me what I need.

Or that I'd like to have someone close to me.

That's when talking to someone can help.



This is what a woman\* who has experienced violence says:

“When I’m sad, it helps me to talk to someone.

When someone comforts me and hugs me.”

Shame:

A troubling feeling.

Everybody feels ashamed sometimes.

You can feel ashamed for very different reasons.

Your reason may be in the past.

Shame shows in different ways.

For example:

I look down at the ground.

Or I want to hide.

I don’t want others to look at me.

Those who are ashamed would like to disappear.

Those who are ashamed sometimes don’t like themselves.

Shame can also have its good sides.

For example:

Shame shows me what makes me uncomfortable  
and embarrassed.

It shows me where my boundaries are.

That’s when it’s good for me to say:

“I don’t like that!”



## Exercise:

### What are my feelings right now?

You don't know

how you feel right now?


You can read the list of feelings.

Maybe you can find a word

to describe how you feel right now.



Maybe you can find more feelings that describe you right now.  
You can make your own list of feelings.  
You can divide the list into  
good and bad feelings.

- 
- A hand-drawn illustration of a notepad with a list of feelings. The notepad is tilted and has a grey cover visible on the right side. The list consists of 15 items, each preceded by a pink circle.
- ☐ I am stressed and tense
  - ☐ I am angry
  - ☐ I am jealous
  - ☐ I am offended
  - ☐ I am furious
  - ☐ I am disgusted
  - ☐ I am ashamed
  - ☐ I feel helpless
  - ☐ I am afraid
  - ☐ I am sad
  - ☐ I am longing for something
  - ☐ I am disappointed
  - ☐ I am desperate
  - ☐ I am lonely

# Feeling my breath

If a woman\* has experienced trauma,  
it may feel dangerous for her  
to feel her own body afterwards.

Breathing is an important part of feeling your body.  
Feeling your own breathing can help you feel safe again.  
When you're stressed, it helps to relax.



## Exercise: Breathing

Sit or lie down.

Breathe in and breathe out.

As you breathe in, think: "in".

As you breathe out, think: "out".

This is how you breathe consciously.

You can feel your breath.

Do that five times.

Then ask yourself:

"How do I feel now?"

"What do I need now?"

You can do the exercise several times a day.

Or before you go to sleep or  
after you wake up.

# Feeling my senses

These are the 5 senses:

- Sight
- Touch
- Hearing
- Smell
- Taste

With these senses, we perceive the world.

With these senses, we perceive our body.

With these senses, we perceive our surroundings.

After a trauma, it often happens that everything feels confusing.

It can be very difficult

to feel my own emotions.

It can then be a good thing

to pay attention to my senses.

My senses help me know

how I feel right now.



## Exercise: Switching on all my senses

Take some food you like.

The piece should be about the size of a raisin.

For example:

a piece of bread, a hazelnut, a walnut, a piece of apple.

### **Part 1: Sight**

Look closely at the piece of bread.

Look at the piece of bread

as if you have never seen a piece of bread before.

Look closely at the piece of the bread from all sides.

What do you see?

### **Part 2: Touch**

Close your eyes.

Feel the piece of bread.

Turn the piece of bread around between your fingers.

What do you feel?

### **Part 3: Hearing**

Hold the piece of bread up to your ear.

Turn the piece of bread around between your fingers.

What do you hear?

### **Part 4: Smell**

Hold the piece of bread up to your nose.

Take a deep breath.

What do you smell?

**Part 5: Taste.**

Put the piece of bread in your mouth.

Leave the piece of bread in your mouth.

Touch the piece of bread with your tongue.

Take a bite.

What do you taste?

**Part 6:**

Eat the piece of bread.

**Part 7: Questions and answers**

What felt good?

What didn't feel so good?

Which senses can I use well?

Which senses do I particularly like?

Which senses do I not like so much?

This is what a woman\* who has experienced violence says:

“When I’m not feeling well, I go to a friend’s house. We usually eat something good then.”

# Identifying a high level of tension

Tension in our bodies changes.

It depends on our feelings  
or experiences.

When I am well, the tension in my body is low.

When I am stressed, the tension in my body is high.

Levels of tensions are described like this:



→ **low:** no tension  
I feel relaxed.



→ **medium:** a medium level of tension  
I am restless, but I can still do  
what I am doing.



→ **high:** a high level of tension  
I feel very stressed.  
I can't take it anymore.  
I want it to stop as soon as possible.



For women\*  
 who have experienced trauma,  
 it is often very difficult to realise  
 when tension is rising or already high.  
 But if they know  
 they are tense, they can do something about it.  
 They feel better inside their bodies again.  
 Therefore, it can be good  
 to practise observing tension in the body.



### Exercise: Identifying tension

This exercise has 2 parts.  
 However, it's like in all the exercises: You can stop at any time  
 if you get tired of the exercise.

#### **Teil 1:**

Think about a moment when you felt good.

Then think about this:

- What was my body doing at that moment?
- What were my feelings at that moment?
- What was the tension in my body like at that moment?
- Was it low, medium or high?
- How can I tell

Then think about this:

- What was my body doing at that moment?
- What were my feelings at that moment?
- What was the tension in my body like at that moment?
- Was it low, medium or high?
- How can I tell what the tension in my body was like at that moment?

## **Teil 2:**

Part 2 of this exercise is about describing your sensations, thoughts, feelings, and your behaviour in more detail.

It helps you practise understanding yourself better.

Again, think about the two moments from Part 1.

Then think about this:

- What was the tension in my body like at that moment?
- Was it low, medium or high?
- What was I thinking at that moment?
- What was I feeling at that moment?
- What were my senses telling me at that moment?
- What did I want to do?
- What did I do?

These questions can also help if you are feeling tense right now.

You focus on yourself when you do this.

This can help you become more relaxed again.

It is possible that this doesn't feel good right now.

Then stop this exercise.

You can choose another exercise from the book.

Or do something completely different.

## Identifying early warning signs of tension

The body always speaks to us.

It gives us signs.

When something is unpleasant,  
the body will warn us.

We also call these signs  
early warning signs.

They are different for each person.

Here are some examples:

→ **Body:**

A restless feeling in the belly, a pounding heartbeat,  
sleeplessness.

→ **Thoughts:**

Nervousness, restlessness, inability to concentrate.

→ **Feelings:**

Fear, sadness, anger, guilt, rage.

If you identify these early warning signs in yourself,  
you can do something  
to make yourself feel better.

Then the tension in your body may not rise to a high level.



### Exercise:

### Knowing my early warning signs

Take a look at the examples of early warning signs.

Think about this:

Which of these early warning signs have I had myself?

Are there any other early warning signs I have had?



### Exercise:

### Feeling early warning signs in time

Think of a moment when your tension was "medium."

For example:

A moment when you were a little annoyed  
with someone.

Think about this:

- What were my feelings at that moment?
- What was I thinking?
- What did my body feel like?
- What did I do?

Next time,

you may be able to identify the high level of tension sooner.

Then you can do an exercise to relax.

For example:

An exercise from Part 3 on page 53.

# Feeling and accepting momentary feelings

Momentary feelings are feelings I have at a given moment.  
When I'm feeling bad,  
it's important to realise that those bad feelings are there.  
And to observe them carefully.  
I can deal with these feelings better that way.  
Sometimes I can't change a bad feeling right away.  
Then it can help  
to accept the feeling as it is.  
And then stress and tension can go down.

## **Here's an example:**

A woman\* was neglected as a child.  
Her parents did not take good care of her in her childhood.  
That's why, even as an adult,  
she feels bad again and again.  
This problem will always be with her.  
But it can become smaller with time.

## **This train of thought can help:**

I didn't get any love as a child.  
This will be with me for the rest of my life.  
I'll feel bad again and again.  
But I'll also have good times.  
These have nothing to do with the bad experience.  
I'm safe now.

There's a phrase we like a lot for times like these:

"Wounds that do not heal  
must be well tended to."

Which means:

Some emotional wounds will be there for a lifetime.

But they can hurt less over time.

Psychotherapy or counselling helps with this.

This exercise can also help:



### Exercise:

### That's the way it is right now

This exercise can help you  
when you are feeling bad right now.

And if you're under the impression  
that there's nothing you can do about it now.

Think about this:

- How can you tell that you're feeling bad right now?
- For example:
- Do you feel any pain in your body?
- Are you sad?
- Are you angry right now?
- Do you have a lump in your stomach or throat?
- Do you feel any pressure in your chest?
- Are you hungry or thirsty?
- Are you bored?
- Are you feeling stressed?
- Are you tired?

Now think about changing that.  
If you can't change anything right now,  
continue this exercise:

Describe the present moment in one sentence.

Tell yourself what your feelings are.

At the end, you say:

"It may be  
that I can't change that now.  
That's the way it is at the moment.  
But there will be other moments."

**Here's an example:**

"I feel all alone.  
No one has time for me.  
I'm angry and sad.  
Everybody leaves me to myself.  
I may not be able to change that now.  
That's the way it is at the moment.  
But there will be other moments."





## Part 3:

### Exercises for emergencies

What can I do  
to feel better?

- Exercises for the body
- Exercises for the mind
- Exercises for the senses
- Exercises for anger
- Ideas: What can I do?

If you are feeling bad right now, you can find exercises in this chapter that will help you feel better.

Exercises with this symbol  are especially good when your tension level is high right now.

# Exercises for the body

Here you will find exercises for the body.

Have a look and find out

which exercises you want to do and which ones you don't.

It is important

that you feel comfortable doing the exercises.

You can do the exercises for a short or long period.

At the beginning, a short period is enough.

You will find out

if an exercise feels good or not.



## Exercise:

### Breathe in and breathe out

Sit down comfortably.

Or lie down.

Breathe in through your nose.

As you breathe in, think: "breathe in."

Breathe out through your mouth.

As you breathe out, think: "breathe out."

Many thoughts are sure to arise as you do that.

Just let the thoughts move on.

Thoughts come and go.

Keep thinking about your breathing.

Do the exercise

until you calm down.



## Exercise: Muscle relaxation

Lie down comfortably.

Clench your right fist.

Tense the muscles in the right forearm.

Slowly count to 10.

Open your fist.

Relax the forearm.

What do you feel now?

Can you feel the difference between tension and relaxation?

Do the exercise again.

How does the forearm feel before the exercise?

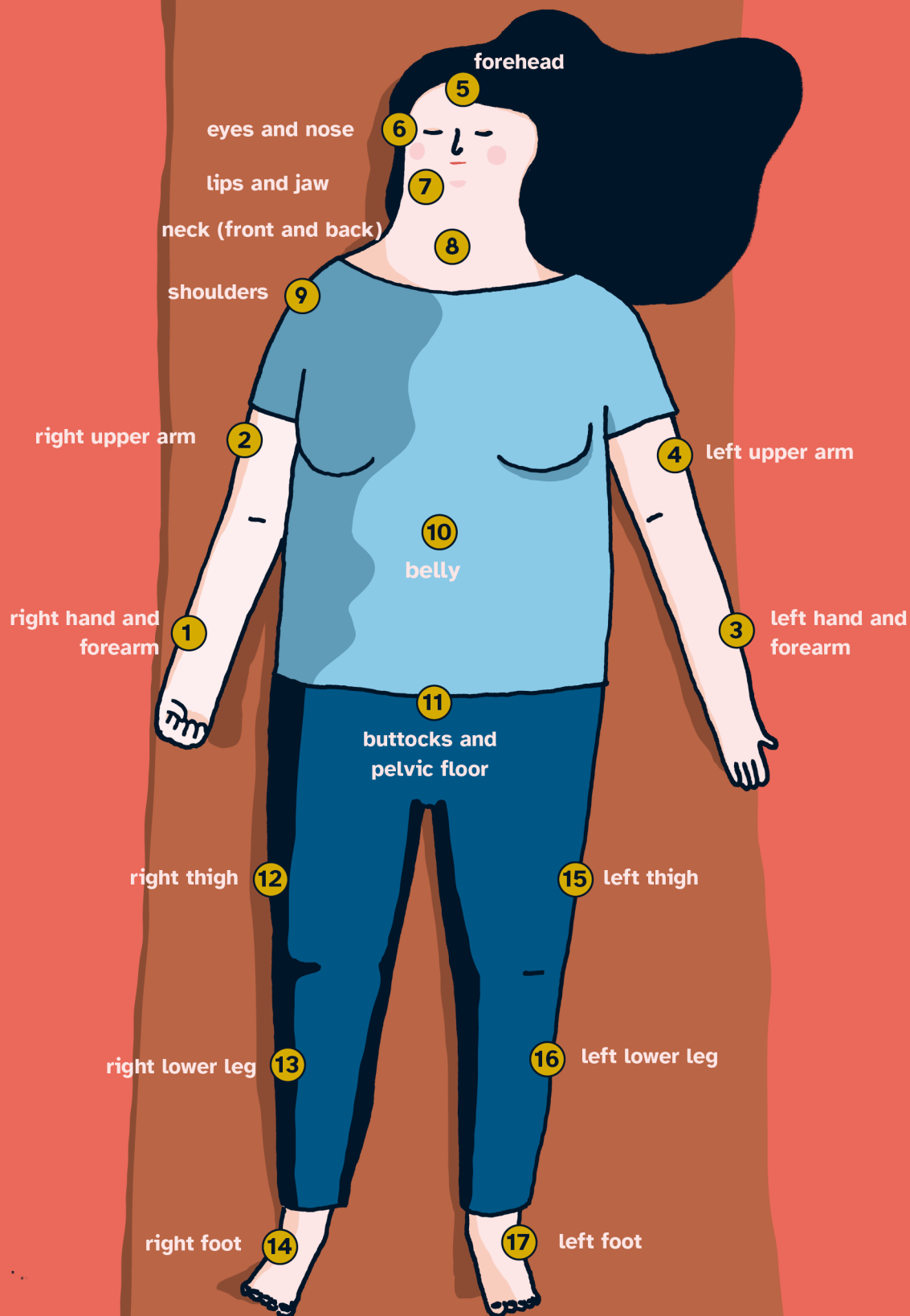
How does the forearm feel after the exercise?

Now you can do the exercise with other parts of the body.

- |          |                        |           |                           |
|----------|------------------------|-----------|---------------------------|
| <b>1</b> | right hand and forearm | <b>10</b> | belly                     |
| <b>2</b> | right upper arm        | <b>11</b> | buttocks and pelvic floor |
| <b>3</b> | left hand and forearm  | <b>12</b> | right thigh               |
| <b>4</b> | left upper arm         | <b>13</b> | right lower leg           |
| <b>5</b> | forehead               | <b>14</b> | right foot                |
| <b>6</b> | eyes and nose          | <b>15</b> | left thigh                |
| <b>7</b> | lips and jaw           | <b>16</b> | left lower leg            |
| <b>8</b> | neck (front and back)  | <b>17</b> | left foot                 |
| <b>9</b> | shoulders              |           |                           |



There is a video on YouTube for this exercise.  
Here is the link: **[tiny.cc/muscle-relaxation](https://tiny.cc/muscle-relaxation)**





## Exercise: Holding my breath

Breathe in slowly through your nose.

As you do this, slowly count to 4 until your lungs are full.

Hold your breath.

As you do this, slowly count to 7.

Slowly breathe out through your mouth until all the air is gone from your lungs.

Now hold your breath one more time.

As you do this, slowly count to 8.

Repeat this exercise a few times.



## Exercise: My heartbeat

This exercise can help you feel your heartbeat.

If you feel a strong pounding heartbeat at the moment, you should not do the exercise.

Sit down. Or lie down.

You can also stand up.

You should feel comfortable and safe.

Your upper body should be straight.

You can close your eyes.

Listen to your heartbeat.

Do you feel your heartbeat strongly or not?

Is that pleasant or unpleasant for you?

What is your heart trying to tell you?

Does it need attention?

Does it want rest or activity?



## Exercise: The floor

You can sit down or stand up.  
Both feet should be on the ground.  
You should feel comfortable and safe.  
Feel your feet firmly on the floor.  
Imagine:  
You're a tree.  
Your feet have roots.  
Your head is growing upwards.  
Your feet are firmly planted on the floor.  
Feel the floor.  
Feel the space around you.  
Are you cold?  
Are you warm?  
What parts of the body feel good right now?



## Exercise: The colour

Sit down.  
Or lie down.  
You can also stand up.  
You should feel comfortable and safe.  
Your upper body should be straight.  
You can close your eyes.  
Imagine your favourite colour  
in your belly.  
With each breath you take, the colour gets more space.  
When you breathe out, all of your troubles flow out of you.

The colour spreads from your belly to your entire body.  
Do the exercise for as long as it feels good for you.



### Exercise:

### Good things and difficult things

Sit down.

Or lie down.

You can also stand up.

You should feel comfortable and safe.

Your upper body should be straight.

You can close your eyes.

Take a deep breath.

Imagine:

Everything good and everything difficult flows into your body.

Breathe out deeply.

Imagine:

All difficult things flow out of your body. All good things spread pleasantly inside your body.

This is what a woman\* who has experienced violence says:

“I feel better when I go to the park and  
get some fresh air. That’s when I feel like I can  
take a deep breath.”





# Exercises for the mind

Here are exercises  
which can help you  
when you have unpleasant thoughts.  
And want to take your mind off things.



## Exercise: Distraction

Sometimes all your thoughts turn around in your head.  
Here are a few examples of  
how you can stop the mind spinning.

- Find 5 red, 5 blue or 5 green things in the room.  
Say the names of the things.
- Count backwards from 10.  
Count backwards from 100.
- Choose a thing in the room.  
Describe the thing in detail.  
What colour is the thing?  
What's its shape?  
How big is the thing?  
Where is the thing?
- What do you need the thing for?
- Make up a story.
- Paint a picture.
- Colour a picture.



## Exercise:

### The container exercise

Sometimes the memories of bad experiences become too much.

Then it feels

like the bad memories are unbearable.

This is where the container exercise can help.

You can do the exercise alone,

or with assistance.

For example, you can ask someone to read the exercise to you.



There is also a video of the exercise.

This is the link: **[tiny.cc/container-exercise](https://tiny.cc/container-exercise)**

Imagine a secure container.

For example a safe, a box, a strongbox or a bag.

Imagine the container in detail.

What colour is it?

What is it made of?

What's its shape?

How tall is it?

Where is the container?

Is it underwater, on the ground, or underground?

Is the container in a house?

How can you close the container?

With a key, with a fingerprint or a password?

Or with a magic spell?

Now put everything that is too much for you in the container.

For example:

Memories, images, thoughts, feelings, sentences.

Think about this:

Did you put everything in?

Close the container.

Make sure it's locked up tight.

Put the container in a safe place.

In a place

it cannot leave.

And now you will also go far away from this place.



### Exercise:

### Protective cover

There are moments when

meeting other people is difficult.

It can help to imagine a protective cover.

It will protect you.

Imagine your protective cover.

The protective cover is for your whole body.

What does the protective cover look like?

What is it made of?

Is it as transparent as a veil?

What colour is the protective cover?

Is it one colour or several?

Is it solid?

Like a protective vest?

No matter what material you choose, you should feel safe.

Think about

how you can take the protective cover with you:

Maybe you can make the protective cover  
very small with one movement of your hand.

Then it fits nicely in your trouser pocket.

With another movement of your hand,  
the protective cover opens up again.

When you need help,  
the protective cover will be right there.



### Exercise:

### Comforting myself

Hug yourself.

Think of the child, teenager, or woman you were  
when something bad happened to you.

Say:

“What you experienced and went through was bad.

It was really tough. It happened to you, but it’s over now.”

You can think of other sentences  
to comfort yourself with.

# Exercises for the senses

You will find exercises for all 5 senses:

Touch, sight, taste, smell, hearing.

The exercises for the senses are very good at a time when your tension level is high.

Every woman\*

feels her senses differently.

For some women\*, for example, touch is very important.

For other women\*, for example, smell is important.



## Exercise:

### Which senses are important to me?

Here you can find examples.

## Touch

→ Play with a rubber band.

Stretch it between the fingers or put it on your wrist.

Then pull.

The rubber band will snap on your hand or wrist.

→ Play with a ball,

for example a prickly ball or a round, squishy ball.

Roll it over your arms or palms.

Or squeeze it firmly.

- Put some ice in your mouth  
or on your skin.
- Take a hot and cold shower.
- Hug yourself.  
Let someone hug you.
- Massage yourself.  
Let someone massage you.
- Take a warm or cold foot bath.
- Take a deep breath, breathe out deeply.
- Pat yourself down.  
Pat your whole body with your hand.  
Your feet, legs, arms, belly, buttocks, shoulders and head.
- Walk barefoot, in the grass or on the balcony.
- Squeeze a cuddly toy.
- Put body lotion on.
- Put a hot water bottle on your belly.

## Sight

- Find colours around you.
- Find the most beautiful colour in the room and look at it.
- Look at something for a long time. For example: a cloud,  
a plant, the starry sky or the spinning washing machine.
- Look at something glittery or flashy.  
It can be something you made yourself.
- Look at pictures of animals.
- Look at photos of beautiful experiences or loved ones.

## Taste

- Chew some gum.  
Or suck on a sweet.
- Suck something very cold.  
Chew aniseed, caraway seeds or peppercorns.
- Eat spicy mustard.
- Bite into some spicy food.
- Bite into raw garlic.  
Or into an onion.
- Drink lemon juice.  
Or bite into a lemon.

## Smell

- Smell some oil.  
For example: peppermint oil, lavender oil, pine oil.
- Smell vinegar.
- Smell a good fragrance.  
For example: soap, perfume, cream.
- Smell Tiger Balm.  
It's a balm for headaches.
- Smell flowers.
- Light a stick of incense.

## Listen

- Listen to your favourite music.
- Make music yourself.  
For example: drumming, singing, rattling, clapping hands, tapping.



- Listen to the sounds in your home or on the street.
- Listen to soothing sounds.  
For example: the sound of the sea, relaxation music.
- Listen to an indoor fountain.

## Exercises for anger

Sometimes a feeling of anger becomes so strong that you feel helpless.  
It feels like you can't control the anger anymore.

The exercises you will find here can help you get your anger under control.  
This way you can let go of your anger without hurting yourself or others.



### Exercise:

#### Pounding a cushion to let my anger out

Pound a cushion with your fists.  
Or a blanket, or a mattress.  
You can rant or scream when you do that.  
Everything inside you that wants to get out, should get out.  
The cushion can take it.



## Exercise:

### Painting an anger picture

You need something to paint with and paper to paint on.

Now you can paint away.

The picture can be all mixed up.

Or you can paint  
what makes you angry.

You can rant or scream when you do that.

Everything inside you that wants to get out should be put on paper.

Paint until you notice  
that your anger is changing.

You can think about what to do with the picture.

You can keep it.

Then you can look at it again later  
and feel all the energy and power in the picture.

You can also just throw it away.

Then you'll be rid of the anger.

You can do whatever you like with the picture.

# Ideas: What can I do?

If you're feeling bad right now,  
you might think:

"I can't think of anything  
I'm in the mood for."

Here you will find ideas for such moments.

Try out what you like.

If you want to,  
you can make your own list.

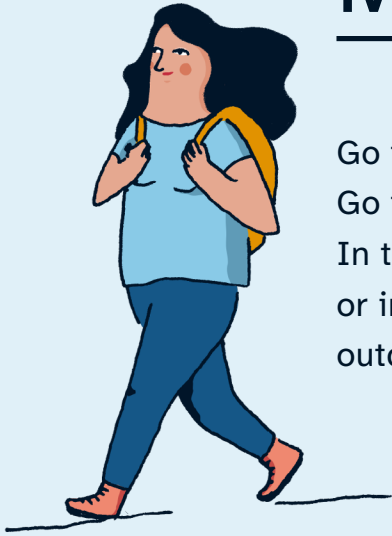
We have divided the ideas into 7 areas:

- Movement
- My home
- Body
- Creativity
- Entertainment
- Letting your feelings out
- Social contacts

This is what a woman\* who has experienced violence says:

"When I paint and listen to music,  
I calm down and  
my heart stops beating so fast. "

# Movement



Go for a walk.  
Go for a ride.  
In the city  
or in the great  
outdoors.

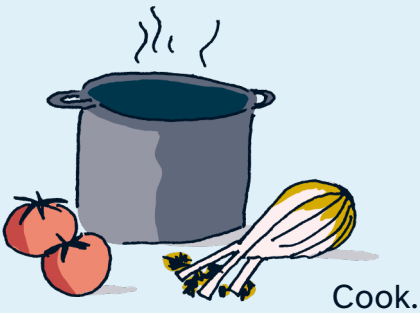


Do something sporty.  
For example: run,  
cycle, swim, play with a ball.

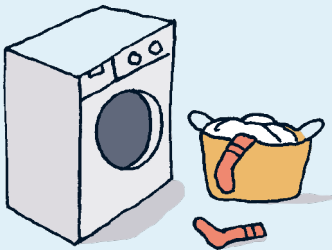


Dance.

# My home



Cook.



Clean up, do chores.

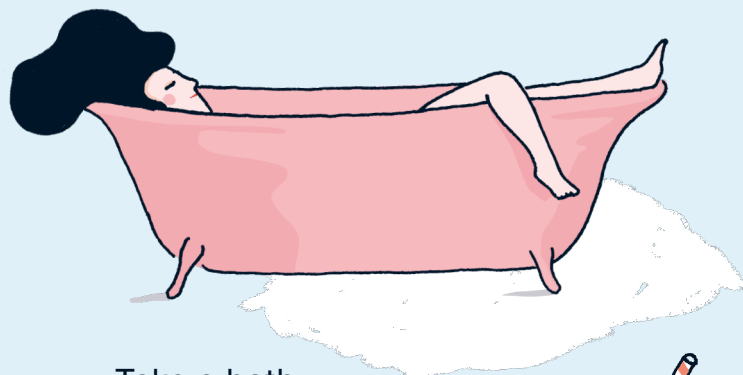


Garden.



Water plants.

# Body



Take a bath.



Put on make up,  
dress up,  
paint your nails.



Have something  
nice to eat or drink.

# Creativity



Write in your diary.



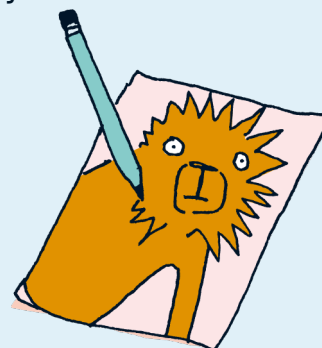
Do some arts and crafts.



Sing.

For example, listen to  
your favourite song  
and sing along loudly.

Paint or draw.  
Use a colouring book,  
or draw or paint your  
own pictures.  
In a few colours or in  
many colours.



# Entertainment



Read.

A fairy tale, for example.

Play a video game.  
Watch a movie or  
a series.



Watch funny or nice videos on YouTube.

This is the link: **www.youtube.com**



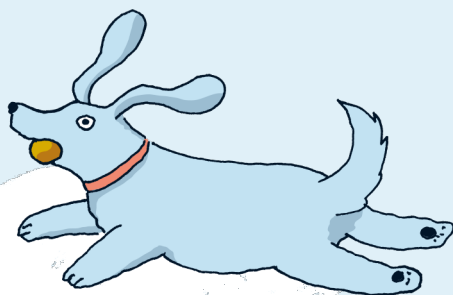
Listen to music.



Buy yourself something nice.



Listen to an audio book.



Play with animals.

Play with cuddly toys.



Collect something.

For example, pretty stones.

You can also paint the stones.

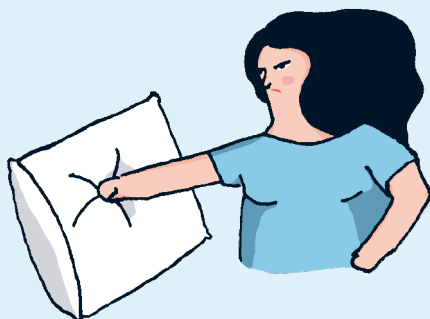
# Letting your feelings out



Cry.  
Let the tears flow.



Scream.  
Stamp your foot on the floor or  
pound a cushion.



## Social contacts



Ask someone  
if he or she needs help.



Video-chat with a friend\*.  
Meet a friend\*.  
Visit someone.



Talk to someone you trust.  
Call a helpline.  
You can find the number of a helpline  
on page 89.





## Part 4:

### Exercises for good times

#### Identifying and developing my strengths

- Getting to know myself better
- Sources of strength
- Book tips

One trauma consequence may be  
that you find it very difficult  
to feel your strengths.

Here you will find exercises  
to help you identify and develop  
your strengths.

The exercises are for times  
when you feel good.

The exercises are meant to help you feel good  
more often and for longer.

You will find many questions in the exercises.

If you want,  
you can collect your answers.

For example

Write or stick the answers on a poster.

Write the answers in a folder.

Then it will be easier for you  
to remember next time.

You can put the poster or folder  
in your power backpack.

# Getting to know myself better



## Exercise:

### I get to know myself better

This exercise can be good for you  
if you want to know yourself better.

When difficult times come back,  
the answers from this exercise can help you!

→ **What do I like?**

For example: spaghetti.

→ **What don't I like?**

For example: loud music.

→ **What do I like doing?**

For example: Watching TV.

→ **What don't I like doing?**

For example: doing the dishes.

→ **What do I like about myself?**

For example: my feet.

→ **What am I proud of?**

For example: a picture I painted myself.

→ **What do others like about me?**

For example: that I am a good listener.

→ **What makes me laugh?**

For example: jokes.



## Exercise:

### Identifying my own needs

When you feel bad,  
sometimes you can't clearly feel:  
What do I need right now?

These questions can help you with that:

- Where in my body do I have this unpleasant feeling?
- What do I think about this feeling?
- Does that feeling tell me anything?
- What do I need now?
- What do I feel like doing?
- What do I want to do?

For example: drink tea, go for a walk, sleep,  
talk to someone.

On pages 72 to 75 you can find more ideas.



## Exercise:

### Which people are good for me right now?

There are various kinds of social contacts.

For example:

Family, friends\*, acquaintances,  
flatmates\*, colleagues\*,  
carers\*.

Not every person is someone

I can or want to talk to about everything.

Not every person is someone

I can or want to do everything with.

It's important to find out:  
Who's good for me right now?  
Who do I want to spend time with right now?

These questions can help you with that:

- Who do I like to be with?
- Why do I like being with this person?
- Who can I talk to about problems?
- Who can I have fun with?
- Who supports me in everyday life?
- Who do I like working with?



### Exercise:

### My experiences help me

Experiences  
you have had  
can help you in the future.  
Find out  
what good experiences you have had.

These questions can help you with that:

- What has helped me before  
when I felt bad?
- How did I solve problems?
- What have I accomplished in my life?
- How did I deal with problems?

# Power sources

Sometimes it's hard  
to feel your own strength and powers.  
Here you can find exercises for such moments.



## Exercise: Painting my power picture

Paint the picture  
when you feel good.  
Paint the picture  
in a comfortable place.  
Maybe you want to listen to some music while you paint.  
You can just paint away.  
What colour is your power?  
What shape is your power?  
Just try it.  
You don't have to like it right away.  
Maybe it needs more than one picture.  
You can put the pictures in a folder.  
Next time you feel powerless,  
look at the pictures.  
Maybe you'll feel your power again.



## Exercise:

### My power animal

For some people, animals  
are a source of strength.

For example:

Pets, cuddly toy animals or fantasy animals.

Sit down.

Or lie down.

You can also stand up.

You should feel comfortable and safe.

Your upper body should be straight.

You can close your eyes.

Start searching for your power animal.

→ What kind of animal is it?

Does it look like another animal?

Or is it a very special animal?

→ How big is it?

→ What colour is it?

→ What are its ears like?

→ What is its fur like?

→ What teeth does your power animal have?

When you see your power animal in front of you,  
you can give it a name.

You can draw your power animal.

You can also just keep it inside your head.

Next time you need support, get your power animal.

You can then feel stronger and more powerful.



## Exercise: My picture collection

Beautiful pictures can be a source of strength  
in difficult moments.

They can have a calming effect.

The pictures can take your mind off things.

Collect postcards, photos  
or cut out pictures you like.

These can be pictures of landscapes, people or animals.

Or of many other things.

Put the pictures in a box.

When you feel bad,  
you can look at the pictures.

This is what a woman\* who has experienced violence says:

“I have a guardian animal. A lion.

He looks out for me, makes sure nothing happens to  
me and that I get through the day okay.

I love my cuddly toy animals. When I am  
feeling bad, I hold them against my belly and put my  
arms around them really tight.”



# Book tips

There are many books with exercises  
to relax and feel good.  
These books are not written in simple language.

Here are 4 examples:

- Thich Nhat Hanh:  
How to relax.  
Parallax Press 2015.
- Alice Boyes:  
The anxiety toolkit: Strategies for fine-tuning your mind and  
moving past your stuck points.  
Tarcher Perigee 2015.
- Patrizia Collard:  
The little book of mindfulness: 10 minutes a day to  
less stress, more peace.  
Hamlyn 2014.
- Arlene Unger:  
Calm: 50 mindfulness and relaxation exercises to  
de-stress and unwind.  
Metro Books 2015.

# Where did we get our information from?

This book was originally written in German.

For the German version, we have taken some of the information from other books.

We used these books:

- Andreas Maercker:  
Posttraumatische Belastungsstörungen.  
Springer-Verlag 2013.
- Martin Bohus und Martina Wolf-Arehult:  
Interaktives Skillstraining für Borderline-Patienten.  
Schattauer-Verlag 2018.
- Matthias Berking:  
Training emotionaler Kompetenzen.  
Springer-Verlag 2015
- Luise Reddemann und Cornelia Dehner Rau:  
Trauma verstehen, bearbeiten, überwinden.  
Ein Übungsbuch für Körper und Seele.  
Trias-Verlag 2020.
- Norman Schmid:  
Mein Weg in die Entspannung.  
Facultas/Maudrich-Verlag 2020.

- Michaela Huber:  
Der geborgene Ort. Sicherheit und Beruhigung bei  
chronischem Stress.  
Junfermann-Verlag 2015.
- Fabienne Berg:  
Mut, Kraft und Liebe wünsche ich dir. Heilende Fantasie-  
und Entspannungsreisen für Erwachsene mit traumatischen  
Erfahrungen in der Kindheit.  
Junfermann-Verlag 2012

## Who made the book?

### **Verein NINLIL**

Verein Ninlil is an association offering many ways  
to make women with disabilities stronger.

You can find more information here: **[www.ninlil.at](http://www.ninlil.at)**

Many Ninlil women\* have collaborated on this book:

Elisabeth Udl, Maria Köberl, Barbara Zorman,  
Elisabeth Magdlener, Isabell Naronnig, Sandra Mader

### **Verein Leicht Lesen – Texte besser verstehen**

These are Maria Seisenbacher and Elisabeth Laister.

They work with plain and simple language.

They make brochures in simple language.

This is the website: **[www.leichtlesen.at](http://www.leichtlesen.at)**

### **Marie-Theres Holzner**

She's a clinical psychologist.  
She has her own practice.  
And works for various organisations.  
She works with people who have experienced violence.  
And with people who are violent.  
She has a lot of experience with people  
who suffer from the consequences of trauma.  
This is the website: **[www.praxis-holzner.at](http://www.praxis-holzner.at)**

### **Barbara Hoffmann – The Graphic Society**

She is a graphic designer and illustrator.  
She has designed other brochures in simple language.  
And she made the drawings.  
Together with Elke Bauer, she runs a company in Vienna.  
The company's called The Graphic Society.  
There they make drawings,  
they design magazines and books.  
This is the website: **[www.graphicsociety.at](http://www.graphicsociety.at)**

### **Review Group**

These women reviewed the German text for easy understanding:  
Iris Kopera, Luise Jäger and Lucia Vock  
The German title of Power Backpack was created in the review  
group.

### **Hermann Niklas**

He read the German book and fixed spelling mistakes.

### **Elisabeth Frank-Großebner**

She is a translator and interpreter.  
She translated the book from German into English.

## **WAVE Network**

WAVE stands for Women Against Violence Europe.

WAVE is a European association.

WAVE supports women and girls to live free from violence.

You can find more information here: <https://wave-network.org/easy-read/>

Maria Knaub and India Stotesbury work at WAVE.

They helped translate this book from German to English.

## **Women's Aid Federation of England**

Women's Aid Federation is an association in England.

Women's Aid supports women and children who experience violence.

You can find more information here: <https://www.womensaid.org.uk/>

Ellie Lundberg works at Women's Aid

and has helped with proofreading this book.

# List of national women's helplines

WAVE stands for stands for Women Against Violence Europe.

WAVE is a European organisation.

WAVE supports women and girls to live free from violence.

WAVE collects phone numbers of organisations

that also support women and girls in different countries.

If you have experienced violence, you can find help.

Below you can find phone numbers of organisations  
in 46 countries.

These organisations can give you support and talk to you.

You can call these services by phone.

Country	Name	Phone Number
<b>Albania</b>	National Counselling Line for Women and Girls (Linja Kombetare e Keshillimit per gra e vajza)	<b>+355 116 117</b>
<b>Armenia</b>	Women's Rights Center (Կանանց իրավունքների կենտրոնը ԿԻԿ)	<b>+374 914 162 49</b>
	Women's Support Center (Կանանց աջակցման կենտրոնը ԿԱԿ)	<b>+374 998 878 08</b>
	Sexual Assault Crisis Center (Սեռական բռնության ճգնաժամային կենտրոն)	<b>+374 77 99 1280</b>
<b>Austria</b>	Women's Helpline Against Violence (Frauenhelpline gegen Gewalt)	<b>+43 800 222 555</b>
<b>Azerbaijan</b>	A helpline run by the Ministry of Internal Affairs	<b>+994 12 151</b>
	“Clean World” Social Union (“Təmiz Dünya” Qadınlara Yardım İctimai Birliyi)	<b>+99 412 408 56 69</b>
		<b>+994 125 111 151</b>
<b>Belgium</b>	Domestic violence helpline (Écoute violences conjugales)	<b>+32 8000 30 30</b>
	SOS Rape (SOS Viol)	<b>+32 800 98 100</b>
	Listening Ears (Luisterende Oren)	<b>+32 1712</b>
	Centres for General Welfare Work and Child Abuse Trust Centres helpline (Centra voor Algemeen Welzijnswerk en Vertrouwenscentra kindermishandeling)	<b>+32 1712</b>
	Tele-Reception (Tele-Onthaal / Télé-Accueil / Telefonhilfe)	<b>+32 106 107 108</b>

Country	Name	Phone Number
<b>Bosnia and Herzegovina</b>	SOS helpline for survivors of domestic violence (SOS telefon za žrtve nasilja)	<b>+387 1265</b>
	SOS line for domestic violence (SOS telefon za žrtve nasilja)	<b>+387 1264</b>
	Unique telephone line for support and help to survivors of war rape and sexual violence and their family members (Jedinstvena telefonska linija za pomoć i podršku preživjelim ratno silovanje i seksualno nasilje i članovima njihovih porodica)	<b>+387 800 22 334</b>
<b>Bulgaria</b>	Alliance for Protection against Gender-Based Violence (Алианс за защита от насилie, основано на пола)	<b>+359 800 119 77</b>
	National Helpline for Survivors of Violence (Национална гореща телефонна линия за пострадали от насилie)	<b>+359 800 18 676</b>
	Association Demetra (Асоциация Деметра)	<b>+359 568 15 618</b>
<b>Croatia</b>	National Call Centre for Victims of Crime (Nacionalni pozivni centar za žrtve kaznenih djela i prekršaja)	<b>+385 116 006</b>
	Women's Help Now (Ženska pomoć sada)	<b>+385 800 655 222</b>
<b>Republic of Cyprus</b>	Helpline 1440 (1440)	<b>+357 1140</b>
<b>Czech Republic</b>	White Circle of Safety – Victims Helpline (Bílý kruh bezpečí – Linka Pomoci Obetem)	<b>+420 116 006</b>
	Support Centre for Child Sexual Abuse Women Survivors (Elektra – Centrum pomoci ženám sexuálně zneužitým v dětství)	<b>+420 60 381 23 61</b>

<b>Country</b>	<b>Name</b>	<b>Phone Number</b>
<b>Denmark</b>	Live Without Violence's National Hotline (Lev Uden Volds nationale hotline)	<b>+45 1888</b>
<b>Estonia</b>	Victim's Crisis Helpline (Ohvriabi Kriisitelefoni)	<b>+372 116 006</b>
<b>Finland</b>	Zeroline against domestic violence and violence against women (Nollalinja)	<b>+358 8000 5005</b>
<b>France</b>	Women Violence Info (Violence Femmes Info)	<b>+33 3919</b>
<b>Georgia</b>	Agency for the State Care and Assistance to Victims of Trafficking (სახელმწიფო ზრუნვისა და ტრეფიკინგის მსხვერპლთა დახმარების სააგენტო)	<b>+995 322 395 111</b>
<b>Germany</b>	Violence Against Women Helpline (Hilfetelefon Gewalt gegen Frauen)	<b>+49 8000 116 0 116</b>
<b>Greece</b>	SOS Helpline (Γραμμή SOS)	<b>+30 15900</b>
	Helpline against domestic violence (Γραμμή Επίδας)	<b>+30 80 1111 6000</b>
<b>Hungary</b>	NANE Helpline (NANE Segélyvonal)	<b>+36 80 50 51 01</b>
<b>Iceland</b>	The Women's Shelters Helpline (Neyðarsími Kvennaathvarfsins)	<b>+35 456 11 205</b>
<b>Ireland</b>	Women's Aid 24hr National Freephone Helpline	<b>+353 1800 34 1900</b>
<b>Italy</b>	National helpline against violence and stalking (1522 – Numero nazionale antiviolenza e stalking)	<b>+39 1552</b>
<b>Kosovo</b>	Helpline Number (Numri i Linjës Ndihmëse)	<b>+383 800 11 112</b>



Country	Name	Phone Number
<b>Latvia</b>	NGO Association "MARTA Centre" (Biedrība "Centrs MARTA")	<b>+371 673 78 539</b>
<b>Liechtenstein</b>	Women's Shelter Liechtenstein (Frauenhaus Liechtenstein)	<b>+423 3800 203</b>
<b>Lithuania</b>	Helpline for Women (Pagalbos moterims linija)	<b>+370 8800 66366</b>
<b>Luxembourg</b>	Domestic Violence Helpline (Helpline-Violence domestique)	<b>+352 621 612 774</b>
<b>Malta</b>	APPOGG Agency within the Foundation for Social Welfare Services	<b>+356 179</b>
	Victim Support Malta	<b>+356 2122 8333</b>
<b>The Republic of Moldova</b>	Trust Line for Women and Girls (Telefonul de Încredere pentru Femei și Fete)	<b>+373 800 88 008</b>
<b>Montenegro</b>	National SOS Hotline for Domestic Violence (Nacionalna SOS linija za porodično nasilje)	<b>+382 801 11 111</b>
<b>Netherlands</b>	Safe At Home (Veilig Thuis)	<b>+31 800 2000</b>
	Fier	<b>+31 88 20 80 000</b>
	Stay Group (Blijf Groep)	<b>+31 88 234 24 50</b>
	Moviera	<b>+31 883 744 744</b>
	Centre for Sexual Violence	<b>+31 800 01 88</b>
	Against Your Will	<b>+31 5923 47 444</b>
<b>North Macedonia</b>	SOS Mobile National Line (Национална СОС мобилна линија за жртви на семејно насилство)	<b>+389 7075 7714 1700</b>
	National SOS Line – Telephone for Trust (Национална СОС линија – Телефон на доверба)	<b>+389 15 315</b>
	National SOS Line 15 700 (Национална СОС линија 15 700)	<b>+389 15 700</b>

Country	Name	Phone Number
<b>Norway</b>	National Domestic Violence Helpline (Vold- og overgrepslinjen)	<b>+47 116 006</b>
<b>Poland</b>	Emergency Helpline for Women Victims of Violence (Telefon Interwencyjny)	<b>+48 60 007 07 17</b>
<b>Portugal</b>	Information Service for Domestic Violence Victims (Serviço de Informação a Vítima de Violência Doméstica – SIVVD)	<b>+351 800 202 148</b>
	Victim Support Portugal's helpline (Apoio a Vítima – APAV)	<b>+351 116 006</b>
	Association of Women against Violence's helpline (Associação de Mulheres contra a Violência – AMCV)	<b>+351 21 380 21 60</b>
	Women's Alternative and Response Union's helpline (União de Mulheres Alternativa e Resposta)	<b>+351 218 873 005</b>
<b>Romania</b>	National Helpline for Victims of Domestic Violence (Număr unic național de urgență pentru victimele violenței domestice)	<b>+40 800 500 333</b>
<b>Russia</b>	National helpline for women suffering from domestic violence (Всероссийский телефон для женщин, пострадавших от домашнего насилия)	<b>+7 88007 000 600</b>
<b>Serbia</b>	SOS Helpline for women with experience of violence (COC Телефон за жене са искуством насиља)	<b>+381 800 222 003</b>

Country	Name	Phone Number
<b>Slovakia</b>	Národná linka pre ženy zažívajúce násilie – National Helpline for Women Experiencing Violence	<b>+421 800 21 22 12</b>
<b>Slovenia</b>	SOS Helpline for Women and Children – Victims of Violence (Društvo SOS telefon za ženske in otroke – žrtve nasilja)	<b>+386 801 155</b>
<b>Spain</b>	Telephone service for information, legal advice and immediate psychological attention by specialised personnel for all forms of violence against women (Servicio telefónico de información, de asesoramiento jurídico y de atención psicosocial inmediata por personal especializado a todas las formas de violencia contra las mujeres)	<b>+34 016</b>
<b>Sweden</b>	Sweden's National Women's Helpline (Kvinnofridslinjen)	<b>+46 205 05 05 0</b>
<b>Switzerland</b>	Rape and sexual assault helpline (Association Viol-Secours)	<b>+41 223 45 2020</b>
	General crisis helpline (Dargebotene Hand)	<b>+41 143</b>
<b>Turkey</b>	Emergency Domestic Violence Hotline (Aile içi Şiddet Acil Yardım Hattı)	<b>+90 212 656 9696</b>
<b>Ukraine</b>	National hotline on prevention of domestic violence, trafficking and gender discrimination (Національна "гаряча" лінія з попередження домашнього насильства, торгівлі людьми та гендерної дискримінації)	<b>+380 800 500 335</b> <b>or</b> <b>+ 380 116 123</b>

Country	Name	Phone Number
<b>Ukraine</b>	State Call Center on the prevention of human trafficking, domestic violence, gender-based violence, and violence against children (Урядова “гаряча лінія” для осіб, постраждалих від торгівлі людьми, домашнього насильства, насильства за ознакою статі, насильства стосовно дітей, або про загрозу вчинення такого насильства)	<b>+380 1547</b>
<b>United Kingdom</b>	<b>England:</b> Freephone 24hr National Domestic Violence Helpline	<b>+44 80 820 00 247</b>
	<b>Northern Ireland:</b> 24hr Domestic and Sexual Violence Helpline	<b>+44 80 880 21 414</b>
	<b>Scotland:</b> Scotland’s Domestic Abuse and Forced Marriage Helpline	<b>+44 80 002 712 34</b>
	<b>Wales:</b> Live Fear Free Helpline (Llinell Gymorth Byw Heb Ofn)	<b>+44 80 880 10 800</b>

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Women\* who have experienced violence often have problems with the consequences for a long time.

But they all have power inside.  
The strength that they needed to survive the violence.

We hope this book helps them to feel that power.  
And to find new and different strengths.

All women\* have the right to a good life without violence!



Here's the website for the book:  
**[www.kraft-rucksack.at](http://www.kraft-rucksack.at)**