



Do you take care of your teeth
more than you take care of your mind?

Physical
You know the common injuries
and how to apply first aid

Psychological
You generally don't think
about your emotional health

EMOTIONAL First Aid



There is
always
something
to be done

Failure

ARE EMOTIONAL CHEST COLDS
THAT CAN BECOME
PSYCHOLOGICAL PNEUMONIA

I AM NOT UP TO
THE MARK

I DON'T THINK
I CAN DO IT

I WON'T TRY
ANYMORE



Do not get
discouraged
by a failure

Ignore your
misleading
gut reaction

List the factors that were in
control and consider how you
can go about improving these

Brooding

FEELS LIKE
PICKING CONTINUOUSLY AT
EMOTIONAL SCABS

It means continuously
criticizing or thinking about
a bad experience

I CAN'T GET
OVER IT MAN

I AM SO NOT
ABLE TO WORK

AND I AM SO
DAMN ANGRY



Divert yourself by doing
something you really love
for minimum two minutes

Play a quick game
of badminton or sing
your favourite song

Guilt

IS LIKE POISON
RUNNING THROUGH
THE SYSTEM

EVERYTHING
ABOUT ME SICKS

I SHALL PUNISH
MYSELF FOR THIS

I WILL NEVER
CONFRONT HER

GOD, WHY CAN'T
I FOCUS?



Self-compassion
is a virtue
that should be
practiced

A little bit of guilt
is good for keeping
healthy relations

Put yourself
in their shoes
and rethink

Ensure that
you really do
feel sorry

Low-Self Esteem

CONSIDER IT TO BE LIKE A
WEAK IMMUNE SYSTEM

I DON'T THINK
I DESERVE THIS

EVERYTHING ABOUT
ME IS SO WRONG

I AM WEAK AND
A LOSER AND STUPID



Remember - criticism
is not always a bad
thing

Write a cheerful letter
for yourself, as if you
were writing to a friend

Remind yourself of
all the great things
you have done

REJECTION

THE CUTS
AND BRUISES
OF DAILY LIFE

I NEED
ALCOHOL

I KEEP FEELING ANGRY
ALL THE TIME

LET ME ROG
LIKE A PIG

I AM DEEPLY HURT,
VERY VERY DEEPLY



Make a list of your best
qualities and write why
each of these matter

Revive your self-worth
through believable and
positive affirmations

DO NOT
OVER PROMISE

LOSS & TRAUMA

FEELS LIKE
EMOTIONAL FRACTURE

FORGET DOING
STUFF, I CAN'T
EVEN THINK

THIS CAN'T BE TRUE,
I FEEL TRAPPED

I DON'T WANT TO
MEET ANYBODY



Give yourself
some time

Find meaning in your
loss and derive a new
purpose from it

Reconnect with those
who remain and make
new connections

LONLINESS

IS SIMILAR TO
MUSCLE WEAKNESS

MY HEAD FEELS
ALL MESSED UP

I FEEL DISCONNECTED
AND MISERABLE

NOBODY CARES
FOR ME AT ALL



Remember
that you are
not alone

Make a list of events
you really make to
avoid meeting people

Identify the
people you
really like

20%
of people
are lonely

Even if you are getting
lonely, avoid making these
excuses. Go and meet them

Emotional First Aid

Peter A. Levine, Ph.D.



Emotional First Aid:

Emotional First Aid Guy Winch, Ph.D., 2014-07-29 Prescriptive and unique Emotional First Aid is essential reading for anyone looking to become more resilient build self esteem and let go of the hurts and hang ups that are holding them back We all sustain emotional wounds Failure guilt rejection and loss are as much a part of life as the occasional scraped elbow But while we typically bandage a cut or ice a sprained ankle our first aid kit for emotional injuries is not just understocked it is nonexistent Fortunately there is such a thing as mental first aid for battered emotions Drawing on the latest scientific research and using real life examples practicing psychologist Guy Winch Ph D offers specific step by step treatments that are fast simple and effective *Emotional First Aid* Guy Winch, 2012 First aid for failure Although we have bandages for cuts chicken soup for colds and ice packs for bruises most of us have no idea how to treat day to day emotional injuries such as failure rejection guilt and loss But as Guy Winch Ph D points out these kinds of emotional injuries often get worse when left untreated and can significantly impact our quality of life In this fascinating and highly practical book he provides the emotional first aid treatments we have been lacking Explaining the long term fallout that can result from seemingly minor emotional and psychological injuries Dr Winch offers concrete easy to use exercises backed up by hard cutting edge science to aid in recovery He uses relatable anecdotes about real patients he has treated over the years and often gives us a much needed dose of humour as well The Johns Hopkins Guide to Psychological First Aid George S. Everly Jr., Jeffrey M. Lating, 2022-08-02 Learn the essential skills of psychological first aid from the experts the creators of the Johns Hopkins RAPID PFA method Psychological first aid or PFA is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively PFA can be applied in emergencies including disasters terrorist attacks and the COVID 19 pandemic In the second edition of this essential guide George S Everly Jr and Jeffrey M Lating draw on their experiences in Kuwait after the Gulf War in New York City after the September 11 attacks and during the COVID 19 pandemic to describe the principles and practices of PFA in an easy to follow prescriptive and practical manner Informed by current events the second edition includes updated chapters as well as three completely new chapters on cultural awareness PFA considerations with children the use of PFA to facilitate community mental health and resilience Aimed at mental health practitioners first responders and global health disaster teams such as Médecins Sans Frontières and the World Health Organization but also beneficial to those with little or no previous mental health training The Johns Hopkins Guide to Psychological First Aid thoroughly explains RAPID PFA RAPID a unique evidence informed and evidence based PFA method follows a set of easily understood principles In each chapter Everly and Lating who have traveled nationally and internationally to teach the RAPID PFA model in numerous public health fire police military business and faith based settings provide a step by step approach and include a key point summary A unifying case exemplifies each phase of the RAPID PFA model in an ongoing dialogue that presents ideal PFA responses examples of common mistakes and various outcomes Community-Based Psychological First

Aid Gerard A Jacobs,2016-06-07 Community Based Psychological First Aid A Practical Guide to Helping Individuals and Communities during Difficult Times presents a practical method for helping those in need in difficult times No advanced training in psychology is needed to use it Injuries from disasters terrorist events and civil unrest are not just physical These events also cause psychological trauma that can do lasting damage Psychological First Aid PFA draws on human resilience and aims to reduce stress systems and help those affected recover It is not professional psychotherapy and those providing this kind of aid do not need a degree to help Gerard Jacobs has developed this community based method of delivering PFA over 20 years and has taught it in over 30 countries Along with the easy to follow method Jacobs includes examples of how this works in action in different situations and presents scenarios to practice Unique in its approach of community engagement to train community members to help each other this guide is an excellent resource for local emergency managers to engage in whole community emergency management Presents a proven method for helping to alleviate the mental health effects of disasters terrorist attacks civil unrest and other community stressors Offers a community based model developed and taught by an international expert for over 20 years requiring no advanced training or education in psychology to use Provides techniques that are adaptable to individual communities or cultures Outlines practices for self care while helping others to prevent burnout Includes case studies scenarios and key terms to help facilitate community training

Summary of Guy Winch's Emotional First Aid Everest Media,2022-03-25T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Rejections are the most common emotional wounds we suffer in life We experience them when we are turned down by potential dates refused by potential employers and snubbed by potential friends 2 Rejections can cause four distinct psychological wounds the severity of which depends on the situation and our emotional health at the time When the rejections we experience are substantial the urgency of treating our wounds with emotional first aid is far greater 3 Rejections whether they be emotional or physical hurt far more than most other negative emotions because they are so rare They are so painful because they are a reminder of how easily we can be ostracized from society 4 The same brain regions are activated when we experience rejection as when we experience physical pain Remarkably the two systems are so closely linked that when scientists gave people acetaminophen before putting them through the dastardly ball tossing rejection experiment they reported significantly less emotional pain than people who were not given a pain reliever

Emotional First Aid Guy Winch,2013 Most of us have no idea how to treat day to day emotional injuries such as failure rejection and loss But as Guy Winch points out these kinds of injuries often get worse when left untreated and can significantly impact our quality of life In this fascinating and highly practical book Dr Winch offers concrete easy to use exercises backed up by hard cutting edge science to aid in recovery He uses relatable anecdotes about real patients and often gives us a much needed dose of humour

Emotional First Aid Zhi Mu (author),1901 *Waking the Tiger: Healing Trauma* Peter A. Levine, Ph.D.,1997-07-07 Now in 24 languages Nature s

Lessons in Healing Trauma Waking the Tiger offers a new and hopeful vision of trauma It views the human animal as a unique being endowed with an instinctual capacity It asks and answers an intriguing question why are animals in the wild though threatened routinely rarely traumatized By understanding the dynamics that make wild animals virtually immune to traumatic symptoms the mystery of human trauma is revealed Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them People are often traumatized by seemingly ordinary experiences The reader is taken on a guided tour of the subtle yet powerful impulses that govern our responses to overwhelming life events To do this it employs a series of exercises that help us focus on bodily sensations Through heightened awareness of these sensations trauma can be healed

The ^AParents' Guide to Psychological First Aid Gerald P. Koocher,Annette M. La Greca,Olivia

Moorehead-Slaughter,Nadja N. Lopez,2024-04-04 The Parents Guide to Psychological First Aid brings together an array of experts to offer parental guidance in helping your child navigate and recover from the everyday stresses they will encounter growing up Clear practical and to the point this is a go to reference that parents will find themselves returning to again and again as their children grow With practical tips nonjudgmental advice and suggestions for additional resources at the end of each chapter this useful and thought provoking book will be of immense value to new and seasoned parents alike The

Addiction Recovery Handbook Richard W. Clark,2020-09-28 What Richard Clark presents in The Addiction Recovery Handbook Understanding Addiction and Culture is long overdue Since 1939 Bill Wilson s important and influential books Alcoholics Anonymous and AA s Twelve Steps and Twelve Traditions have helped millions of people struggling with addiction to recover In more than 80 years since then a lot has changed the definition of addiction its demographics social attitudes to addiction politics religious influence treatment modalities and the epidemiology of the illness These have taken tolls on our modern network of relationships and treatment that culture and community now depend upon The Addiction Recovery Handbook examines the changing historical views of addiction outlines how this culture developed its contemporary perceptions and values and how society contributes to this growing problem Richard Clark proposes AA s traditional religious model of God s help and forgiveness can no longer address the needs of a diverse and largely irreligious society where atheism is becoming mainstream His updated analysis of the traditional AA approach proposes that self understanding and awareness through knowledge and education psychology and compassion be the significant components of any recovery framework This will guide both caregivers and addicts to develop expertise regarding more successful treatment and recovery protocols This would be in a supportive environment of self knowledge and mutual respect whether theist or atheist All concerned will acquire the ability to live a spiritual life which is clearly defined The Addiction Recovery Handbook is an interesting and readable book and is intended for everyone addicts medical professionals counsellors therapists clients sponsors social workers family members partners friends employers every stakeholder in a healthy non judgmental society that cares about the wellbeing of all its members **Understanding Psychology in the Context of Relationship,**

Community, Workplace and Culture Surendra Kumar Sia, Lauren S. Crane, Ajay K. Jain, Shabana Bano, 2022-08-22 This book explores the significant deliverables of psychology to society in five sections identity and relationship psychology for gainful employment psychology customized to the community culturally embedded psychology and alternatives for maximizing psychology The authors social scientists of diverse nationalities represent novel psychological methods tools and procedures that can have immense social utility in strengthening the relationship and rejuvenating the community The first section offers an in depth perspective on the dynamics between identity and relationship The second section encompasses psychology s contribution in addressing community based issues like farmer suicide cyberbullying smartphone overuse substance abuse and collective environmental behaviour The authors in the third section have deliberated upon the behavioural issues pertinent for gainful employment The fourth section delineates the influence of culture on specific psychological processes The last section touches upon means beyond conventional strategies techniques and approaches that may augment psychology s deliverability The chapters in this book are based upon evidence based scholarships from seven different countries As such it represents an invaluable resource for research scholars and academicians in psychology human resource managers and mental health practitioners

Ultra-Brief Cognitive Behavioral Interventions Len Sperry, Vassilia Binenszto, 2019-04-30 Ultra Brief Cognitive Behavioral Interventions showcases a new practice model to address both physical and psychological health issues in mental health and integrated care settings utilizing focused interventions in brief treatment formats This unique text offers a toolkit of effective interventions and methods including cognitive behavioral therapy CBT methods that can be used in a very brief time frame of 10 20 minutes that can be quickly and efficiently applied to ameliorate specific symptoms The 20 most common interventions in short term therapy practiced in mental health and integrated care settings are illustrated in session transcriptions of the full course of focused therapy with common presentations such as depression anxiety and acute distress pain sleep problems and weight problems This book prepares emerging and experienced counselors and therapists to provide short term therapy for their clients and equips them with the necessary skills to meet the challenges facing mental health care today and in the future

Psychological Interventions in Times of Crisis Laura Barbanel, Robert J. Sternberg, 2005-11-18 There is controversy as to whether

psychological interventions in the aftermath of disaster are helpful or not This book addresses these controversies and describes the responses that psychologists have made in different parts of the world to disaster

Field Manual United States. Department of the Army, 1959

The Solo Sailor's Handbook Barrett Williams, ChatGPT, 2025-07-14 Embark on an unforgettable journey with The Solo Sailor s Handbook your ultimate guide to navigating the emotional seas of solitary sailing This indispensable eBook delves deep into the psychological aspects of solo sailing offering a wealth of insights and practical tools to help you not just survive but thrive alone on the open water Set sail on a transformative voyage beginning with understanding the emotional complexities of seafaring solitude Discover how common psychological stressors can

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Vibes of Gen Z Adolescents Dr. Philip Abraham Chakkathra,2024-06-05 Dive into the vibrant world of Gen Z adolescents as they navigate the complexities of modern life in GenZ Adolescents Exploring Features Shaping Futures Delving deep into their unique characteristics and vibes this captivating book unveils the dynamic forces shaping their belief systems relationships and mental health struggles From the experts insights on the challenges faced by this generation to essential strategies for parenting beyond the traditional authoritative model this book offers invaluable guidance for understanding and supporting Gen Z s journey toward well being and fulfillment Through detailed exploration of character traits and nuanced analysis readers will gain profound insights into the minds and hearts of Gen Z empowering them to foster resilience nurture mental health and forge meaningful connections in an ever evolving world Join us on a transformative journey as we unravel the mysteries and marvels of Gen Z adolescence igniting a dialogue that transcends generations and inspires profound change

Hospital Preparation for Bioterror Joseph H. McIsaac,2010-07-08 Hospital Preparation for Bioterror provides an extremely timely guide to improving the readiness of hospitals or healthcare organizations to manage mass casualties as a result of bioterrorism biological warfare and natural disasters Contributions from leading law enforcement agencies hospital administrators clinical engineers surgeons and terror prevention professionals provide the most comprehensive well rounded source for this valuable information Chapters on logistics and protecting the infrastructure help personnel distinguish the specific risks and vulnerabilities of each unique institution and assists in identifying specific solutions for disaster and

bioterrorism preparedness Principles and techniques discussed are applicable to all disasters both large and small not just bioterrorism Technical aspects such as hospital power and telecommunications are covered in addition to patient care response to mass casualties large scale drills and surge capacity Organized along functional lines patient flow medical specialty and infrastructure A complimentary website with supplementary materials check lists and references enhances the text and provides additional resources for preparedness *Stand Tall Like a Mountain* Suzy Reading,2019-04-04 *Stand Tall Like a Mountain* is specifically designed to help parents empower their children to Learn tools for dealing with everyday emotions Express how they are feeling Learn about their bodies and minds in easy to read and understandable language Develop tools for nourishment and coping with challenges Use easy and fun yoga poses to promote positive feelings We teach our children how to brush their teeth and cross the road safely this book is about broadening their toolkit to include emotional first aid Suzy Reading introduces practices to encourage noticing emotions feeling calm expressing feelings falling asleep more easily coping with anger and feelings of anxiety and nurturing confidence and kindness Children are natural masters of curiosity and mindfulness so the learning is not a one way street The book encourages parents to observe and seek opportunities to learn from their children too It s not easy to remember to care for ourselves and connect with our loved ones in this fast paced life *Stand Tall like a Mountain* gently stops you in your tracks reminds you to breathe and gives practical support for living a kinder calmer family life Lauren Seager Smith CEO Kidscape **Suicide, Self-Injury, and Violence in the Schools** Gerald A. Juhnke,Paul F. Granello,Darcy Haag Granello,2010-11-11 The first book of its kind to address suicide self injury and violence in school settings The frequency of suicide students self injury and violence in school settings requires preventative and response policies and procedures for the safety and protection of faculty and students *Suicide Self Injury and Violence in the Schools* Assessment Prevention and Intervention Strategies is the first book to provide first responders specifically school counselors psychologists social workers teachers and administrators with information on assessing risk In addition guidelines are included on how to respond to these crises in a practical and proactive manner that minimizes risk and or impact on the school community The authors nationally renowned experts on suicide self injury and violence among children and adolescents present Critical information on suicide and suicidal behaviors specific to children and adolescents Pertinent issues related to nonsuicidal self injury behaviors Guidance on conducting effective face to face clinical interviews with violent and potentially violent students and their families Important prevention and screening topics for middle and high school counselors Discussion on psychological first aid in response to school violence survivors and their parents Filled with mini case vignettes as well as checklists for school personnel to use this timely reference supports school professionals in devising the very best prevention intervention and post crisis strategies It is a much needed resource for establishing a collaborative nonsuicidal nonviolent environment both within and outside the school setting *SAMHSA News* ,2007

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