

# **RESPOND**

## **5 STEPS FOR MINDFUL RESPONSE TO CRISIS**

*'A crisis is an event that is beyond the normal parameters of your regular work or ministry. It requires urgent response, it can be highly sensitive and it can be ongoing.'*

**1. PREPARE NOW.** The best way to react to a crisis, is to be proactively prepared! Know the support systems and processes that you need to have in place to respond well.

**2. WHEN YOU ARE PRESENTED WITH CRISIS...BREATHE.** It may sound obvious, but all too often we jump straight into response mode without taking pause to be aware of the situation we are in.

**3. IN THIS PAUSE, ASK YOURSELF SOME QUESTIONS:**

How am I feeling today?

What are my energy levels like?

Is this situation triggering any of my own personal trauma?

How do I feel about this student?

What things do I need to let go of before I step in and respond?

**4. BE AWARE OF YOUR MOTIVES.** Think about your motivators in this situation: Do you like to solve people's problems? Do you try to get to solutions as quickly as possible? Are you motivated by strong senses of empathy? **Play to your strengths, but make sure they are not overplayed and become a weakness.**

**5. PRAY.** Why didn't we suggest you pray first? Because now, after reflecting and taking time, you can ask God to meet you in this space, help draw out your strengths, and put aside anything that may be a weakness as you focus on the needs of the one in crisis.

For more resources or to arrange training in your local area, visit [www.youthcrisis.org](http://www.youthcrisis.org) or email [carl@youthcrisis.org](mailto:carl@youthcrisis.org)

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