

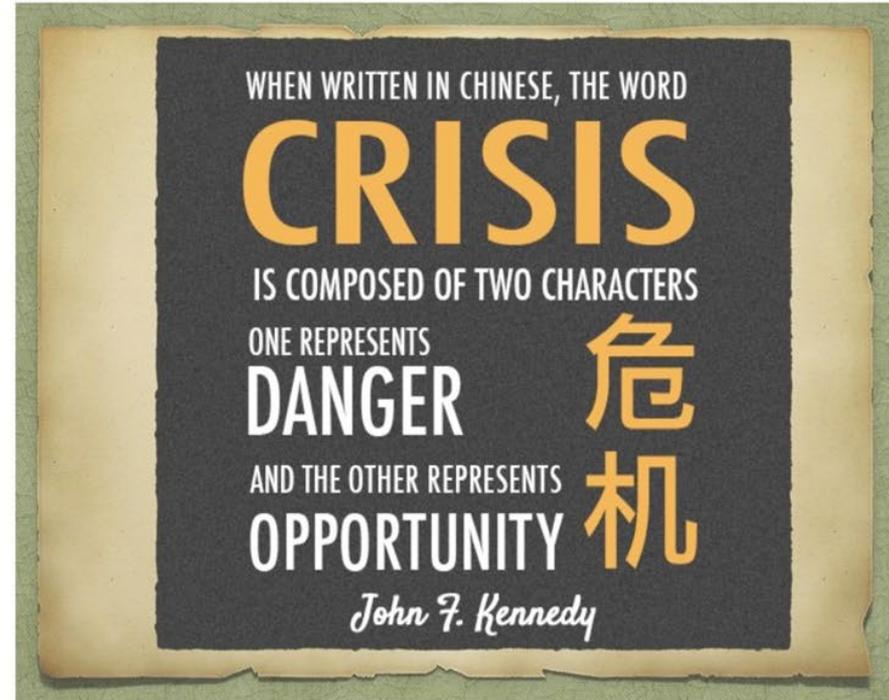
APPLYING PSYCHOLOGICAL FIRST AID PRINCIPLES

BEYOND MELISSA!

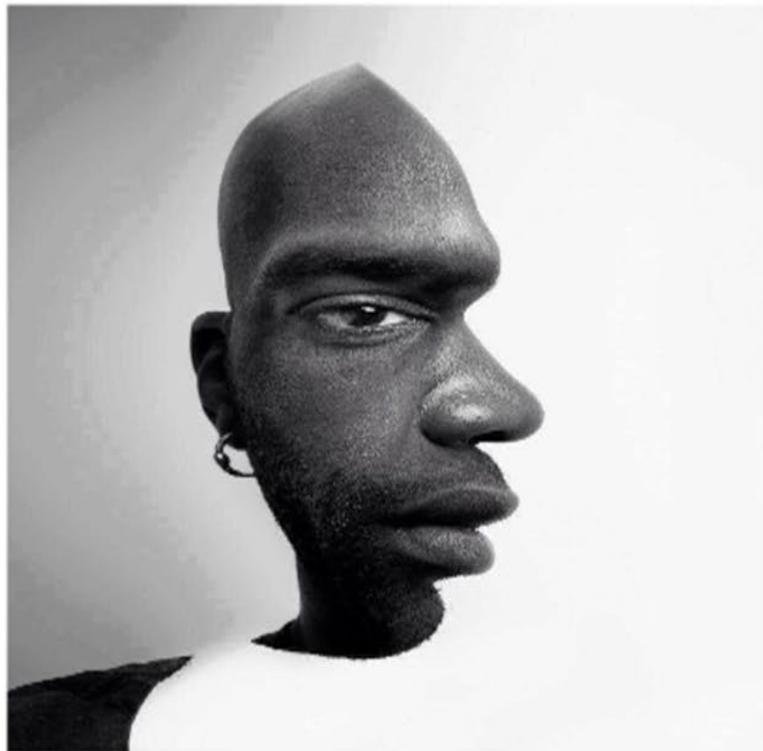
Why Resilience Matters in the Caribbean

- Complex uncertainties: hurricanes, economic, social, misinformation
- Brain's survival response can overload and harm wellbeing
- Resilience = thriving, not just surviving

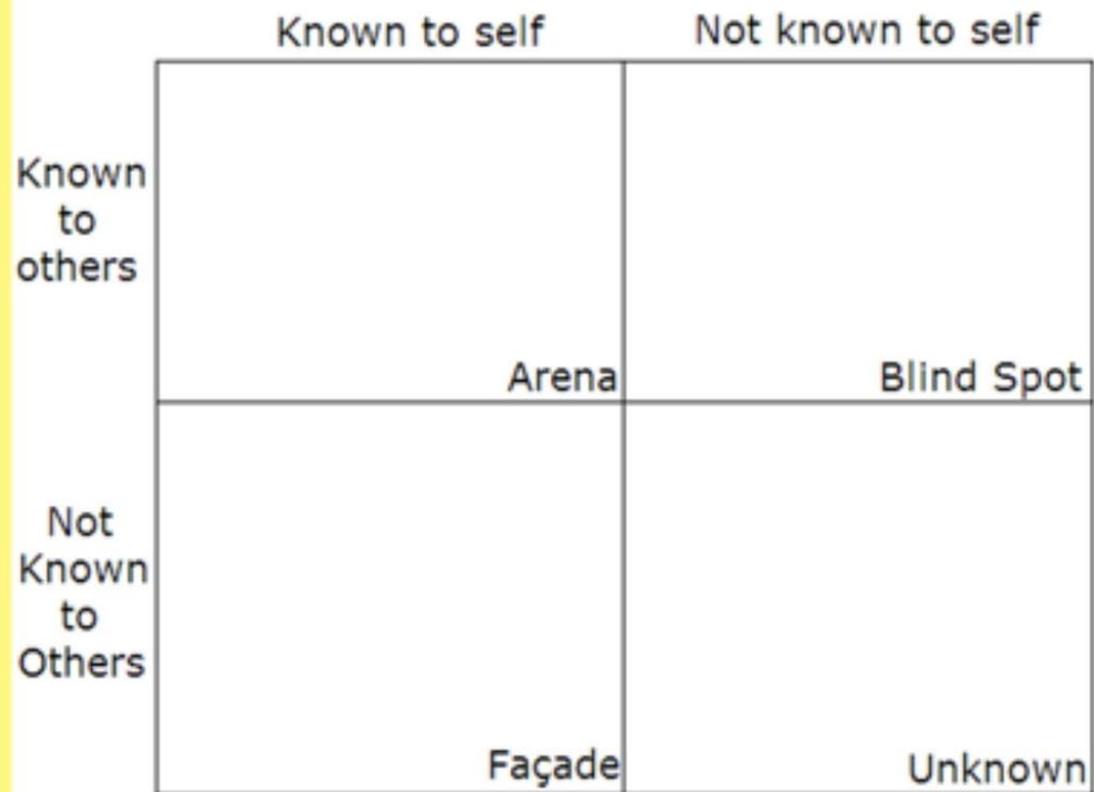
You always have a choice !



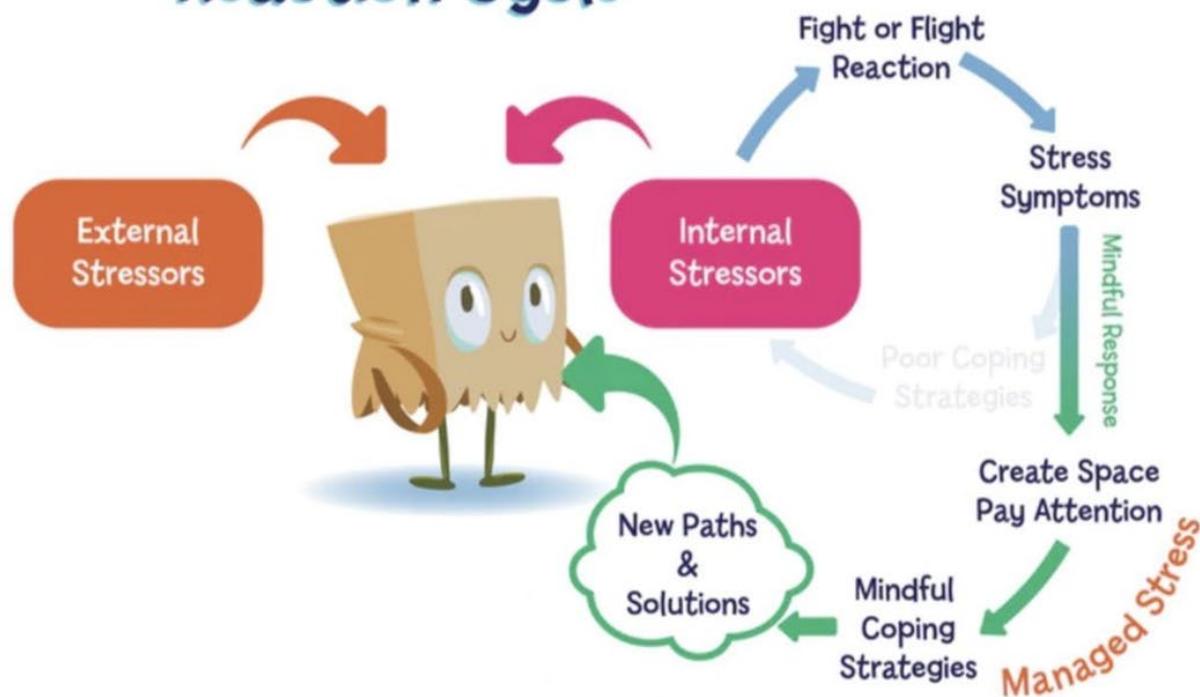
SHIFTING PARADIGMS AND PERSPECTIVES



Johari Window



The Mindful Stress Reaction Cycle



UNDERSTANDING THE STRESS RESPONSE PATTERN



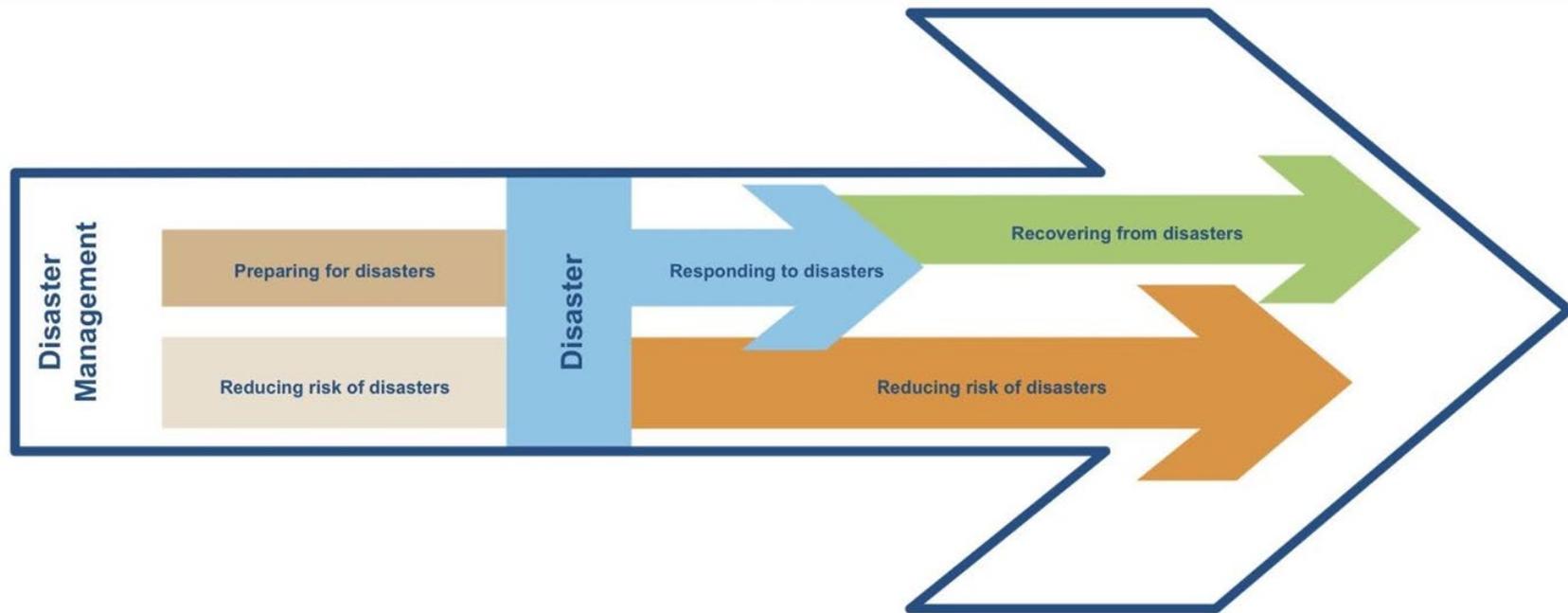
Let's take a moment for you to identify your stress response patterns e.g. body, mind, behaviour and social relations. Which of the following do you experience?

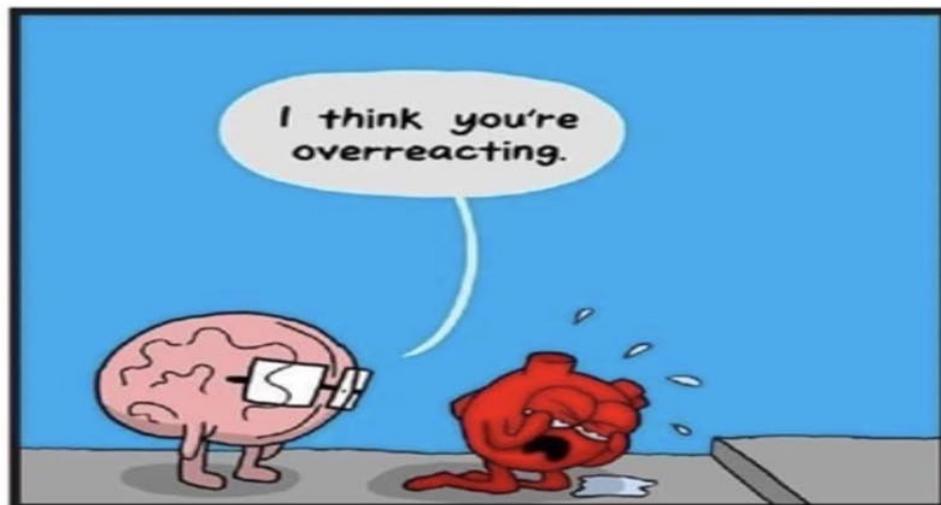
The effects of stress





SELF-CARE AND DISASTER MANAGEMENT





SELF-CARE AND THE POWER OF CHOICE!



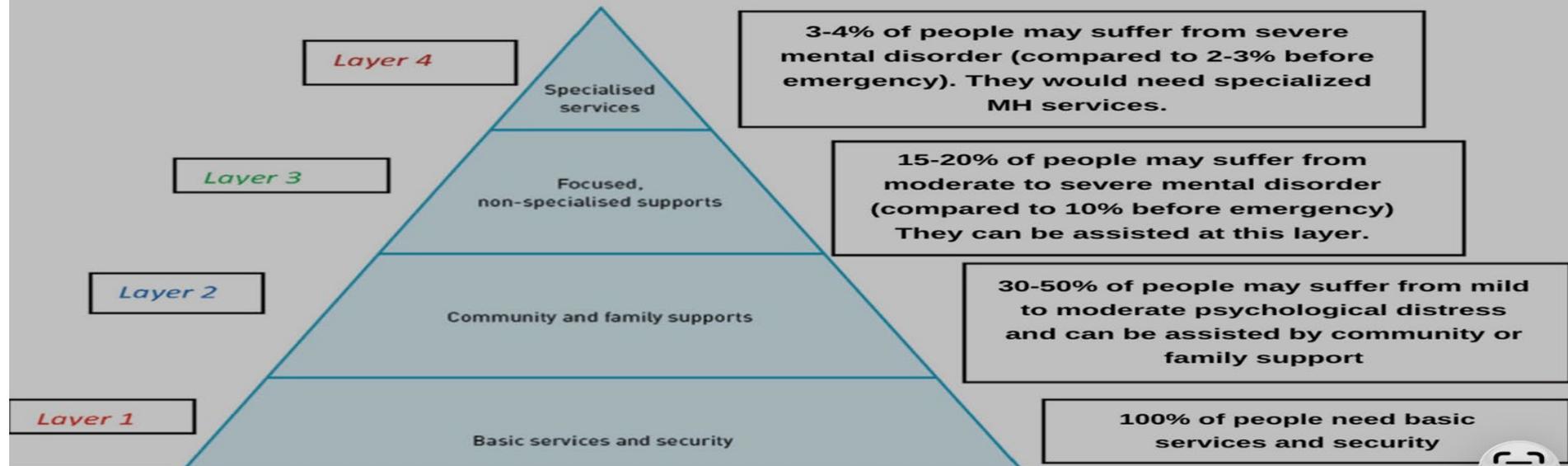
**That's just
the way I am.**

vs



**That's the way
I have been and
I can choose to be
different, even in
small ways.**

MHPSS Pyramid

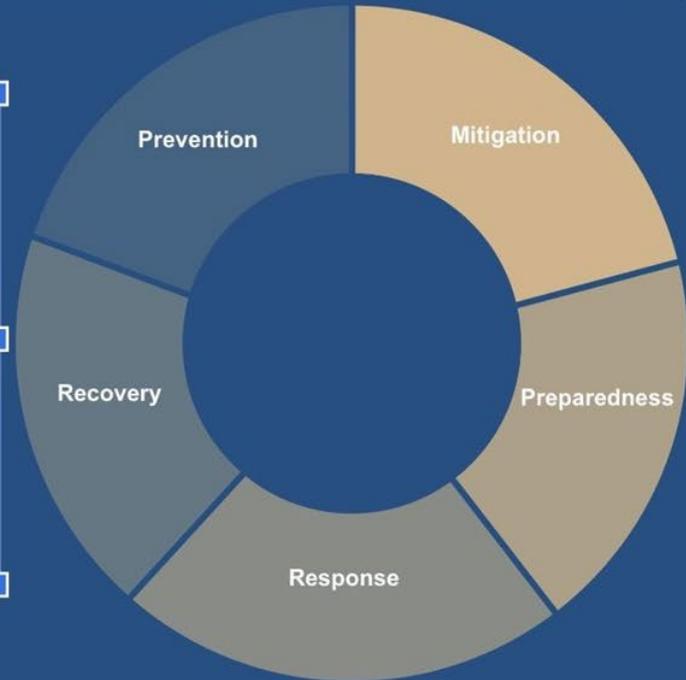


PREPARATION AND SELF-CARE AT TIMES OF DISASTER



Response means an intentional rather than reactive management of the impact of the stressful situation, crisis or disaster involving for example:

- Being aware of how stress is affecting you and others in each domain of Wellness
- Practicing the relevant Self-Care skills as the need arises
- Using your understanding of Self-Care and the tools and resources to help others cope

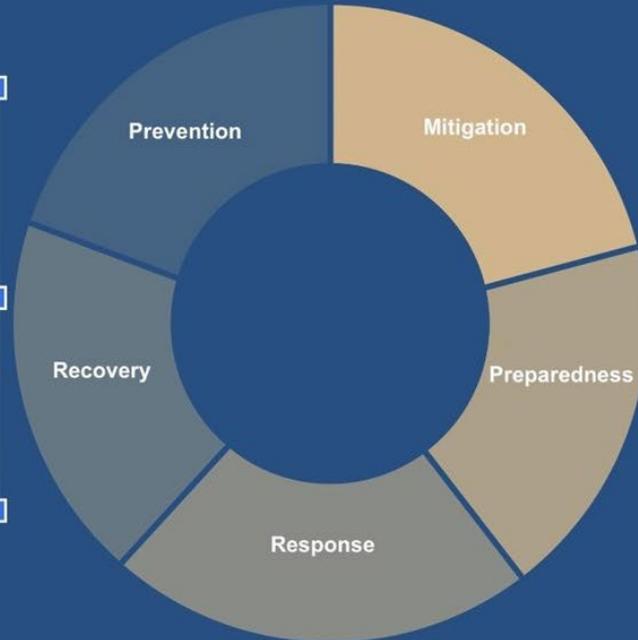


PREPARATION AND SELF-CARE AT TIMES OF DISASTER



Preparation means intentionally putting things in place in advance based on:

- Your understanding of the potential impact of the stressful situation, crisis or disaster
- Your understanding of your own Self-Care needs
- Your prior practice of Self-Care skills you can then use in the crisis
- Your toolkit of situational coping strategies

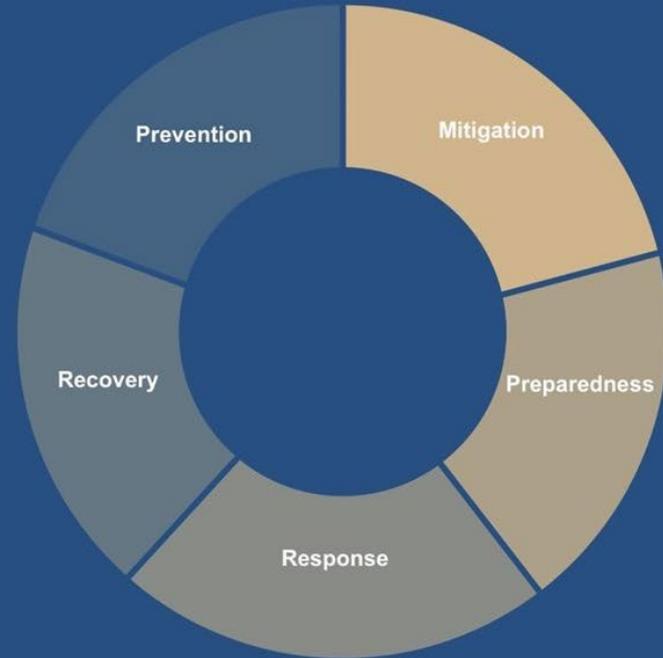


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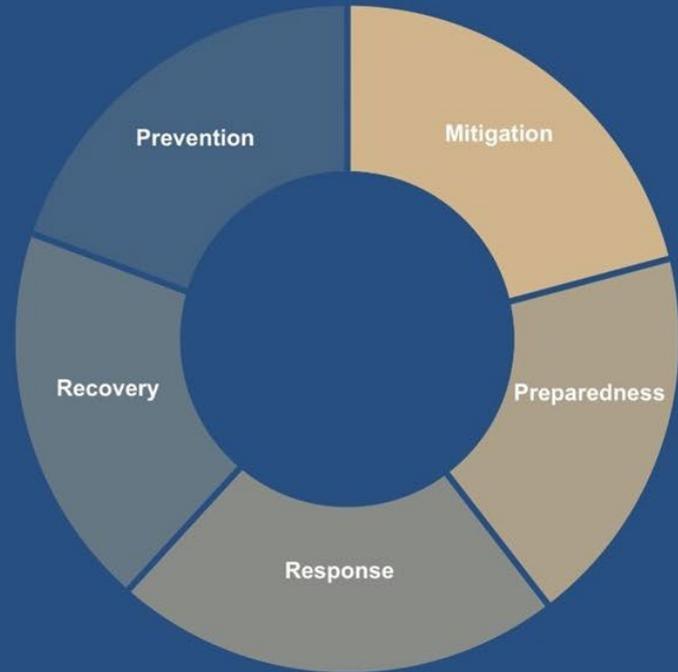


PREPARATION AND SELF-CARE AT TIMES OF DISASTER

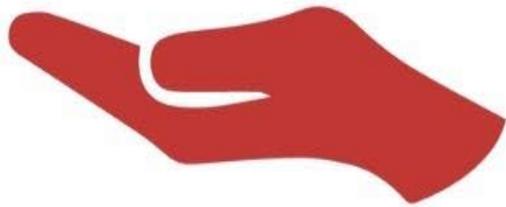


Recovery refers to the phase after the event when the focus is bringing things back to normal and this includes:

- Understanding how the stress is still affecting you including post traumatic responses
- Using your Self-Care tools to mitigate impact
- Using your knowledge to help individuals recover
- Using your knowledge to help put systems in place to facilitate recovery



Psychological FIRST AID



LOOK

LISTEN

LINK



— PSYCHOLOGICAL FIRST AID —

ACTION PRINCIPLES



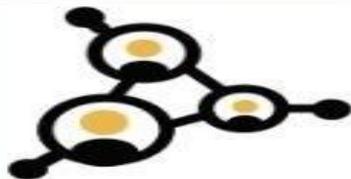
LOOK for

- Information on what has happened and is happening
- Who needs help
- Safety and security risks
- Physical injuries
- Immediate basic and practical needs
- Emotional reactions



LISTEN refers to how the helper

- Introduces oneself
- Pays attention and listens actively
- Accepts others' feelings
- Calms the person in distress
- Asks about needs and concerns
- Helps the person in distress find solutions to their immediate needs and problems



LINK refers to helping the person

- Access information
- Connect with loved ones and social support
- Tackle practical problems
- Access services and other help

Psychological First Aid

Emotional support is crucial in the first hours following a crisis.

Psychological first aid is a humane, supportive response guided by three action principles: Look, Listen, and Link, and grounded on seven key components.



Targeted Dimensions of Wellness

Physical

Exercise, diet, sleep, substance abuse

Emotional

EQ, regulation, anger, depression, anxiety, stress management

Social

Relationships, gender issues, parenting

Spiritual

Purpose, gratitude, diversity beliefs, values

Occupational

Job satisfaction, engagement

Environmental

Respect for surroundings, harmony

Financial

Manage expenses, budgeting

Intellectual

Expanding knowledge, mental stimulation, hobbies



KAISO

- **KNOWLEDGE:** the more you understand what's happening
- **AWARENESS:** the more you are in touch with **WHAT** is affecting you
- **INSIGHT:** the more you appreciate **WHY** these things affect you
- **SKILLS:** the better you can **USE** techniques to cope
- **OPPORTUNITY:** practice makes perfect possible!!!!



DAILY FOCUS

- MONDAY  Mindful Monday
- TUESDAY  Togetherness Tuesday
- WEDNESDAY  Workout Wednesday
- THURSDAY  Teamwork Thursday
- FRIDAY  Financial Friday
- SATURDAY  Sentimental Saturday
- SUNDAY  Spiritual Sunday 

A SELF-CARE PLAN: A MINDSET AND A LIFESTYLE



PERSONAL SELF-CARE PLAN: SELF ASSESSMENT

Area of Self-Care	Current Practices (you are already trying!)	Practices to do more often (improve skills)	Practices to cut back on or stop (be more strategic)	Practices to start (additions to your toolkit)
Physical (e.g. healthy meals, good sleep habits, regular exercise, medical check-ups, etc.) Social/Relationships (e.g. equality time, healthy communication, boundaries, anger management etc.)				
Emotional (e.g. engage in positive activities, acknowledge accomplishments, express emotions in a healthy way, etc)				
Spiritual (e.g. read inspirational literature, self reflection, spend time in nature, meditate) Occupational/teamwork (e.g. role and deliverables, clear communication, time management)				
Cognitive/Thoughts (e.g. take time for yourself, counseling support though your EAP if needed, etc.) Financial (e.g. goal setting, managing expectations, compromising, budgeting)				

CREATING YOUR SOCIAL WELLNESS SELF-CARE MAP



Now that we have gathered the data and had a look at some practices in the various dimensions of Social wellness, let's put your *Social Wellness Self-Care Map* together. Use the template provided to help structure your plan. Add your personalized dimensions!

Personal Self-Care Plan: Self Assessment

Dimension of Social Self-Care	Current Practices (you are already trying!)	Practices to do more often (improve skills)	Practices to cut back on or Stop (be more strategic)	Practices to Start (additions to your toolkit)
Quality Time				
Healthy Communication				
Setting Boundaries				
Resolving Conflict				

CREATING YOUR PHYSICAL SELF-CARE MAP: HERE IS A SAMPLE OF SOMEONE'S MAP



Your Current Strategies may be...

1. Doing some kind of exercise 3 times a week,
2. Drinking water when I remember



Strategies You Should improve/ do More of...

1. Be more specific re the type of exercise you will do and when
2. Set a reminder to drink water every two hours



Practices you Should Stop...

1. Forgetting my water bottle at home
2. Buying unhealthy food
3. Emotional Eating



Practices you Should Start...

1. Add an additional day of exercise or even a step goal for each day to make sure you are getting movement everyday.
2. Eating more balanced meals
3. Doing journaling when I feel overwhelmed to manage my emotional eating

WORKSHEET: MY STRESS RESPONSE'S EFFECT ON HOW I RELATE TO PEOPLE



- When I am not stressed.
My Response to people is usually:.....
- When I am a little stressed.
My Response to people becomes:.....
- When I am stressed.
My Response to people becomes more:.....
- When I am very stressed.
My Response to people becomes very:.....

CREATING YOUR COGNITIVE WELLNESS SELF-CARE MAP



Now that we have gathered the data and had a look at some practices in the various dimensions of cognitive wellness, let's put your Cognitive Wellness Self-Care Map together. Use the template provided to help structure your plan.

Personal Self-Care Plan: Self Assessment

Dimension of Cognitive Self-Care	Current Practices (you are already trying!)	Practices to do more often (improve skills)	Practices to cut back on or Stop (be more strategic)	Practices to Start (additions to your toolkit)
Memory				
Keeping your Mind Sharp				
Learning and Exposure				
Nutritional and Physical Practices				

YOUR OCCUPATIONAL, PRODUCTIVITY & FINANCIAL SELF-CARE MAP SAMPLE



Current Strategies:

Setting clear deadlines and due dates to know what to prioritise.



Strategies I should do more of:

1. Managing my procrastination to avoid being overwhelmed,
2. asking for help when I need it.



Practices I should Start:

1. Practice asking for what I need,
2. practicing scheduling my time more realistically and
3. setting better boundaries.



Practices I should Stop:

1. Putting off for tomorrow what I can do today
2. Saying yes to things outside of my job description
3. Taking home work to do over the weekend

CREATING YOUR OCCUPATIONAL, PRODUCTIVITY & FINANCIAL SELF-CARE



Now that you have gathered the data and had a look at some practices in the various dimensions of productivity wellness now use the template provided to help structure your plan. Add your personalized dimensions!

Personal Self-Care Plan: Self Assessment

Dimension of Productivity and Financial Self-Care	Current Practices (you are already trying!)	Practices to do more often (improve skills)	Practices to cut back on or Stop (be more strategic)	Practices to Start (additions to your toolkit)
Time Management				
Goal Setting				
Team Work				
Leadership Skills				
Budgeting and Saving				

MINDFULNESS



Pay Attention To Sound

The steps to paying attention to sound in a mindful way can be practiced anytime and in any location. Sit, stand, or lay down in a comfortable position.

1. Close your eyes to focus more closely on sound.
2. Listen carefully as every sound rises and falls away.
3. Notice each sound's exact quality as it passes through your awareness.



Belly Breathing

Centervention has a complete lesson plan you can use on belly breathing. You will find everything from pre and post discussion questions to step-by-step directions. It is a wonderful activity for when students need to cool down and self-regulate.



Brain Breaks

Brain breaks are activities, or short breaks, that promote learning and focus for students. These types of breaks involve students participating in activities like mindful breathing, mindful movements, and mindful yoga.



Breath, Think, Do

The free Breath, Think, Do app through Sesame Street is great for introducing young children to calm through breathing. Children help an animated monster facing a frustrating situation calm down by taking long, deep breaths.



Calm Corner

Calming Corners can help reduce students' stress and provide calming visual, auditory, and tactile experiences for de-stressing. A calming corner can be a physical corner in your classroom or a virtual space.



Mindful Journaling

Three Good Things: A Happiness Journal is a free app that can help students with mindful journaling by having students write down three good things that happen to them each day. As a result, their happiness and positivity increase.



Smiling Mind

Smiling Mind is a free app that offers hundreds of mindfulness activities. In addition to breathing meditations, the app has sensory exercises, like listening to music. There are programs for *kinds* in different age groups, as well as for schools, workplaces, and sports.

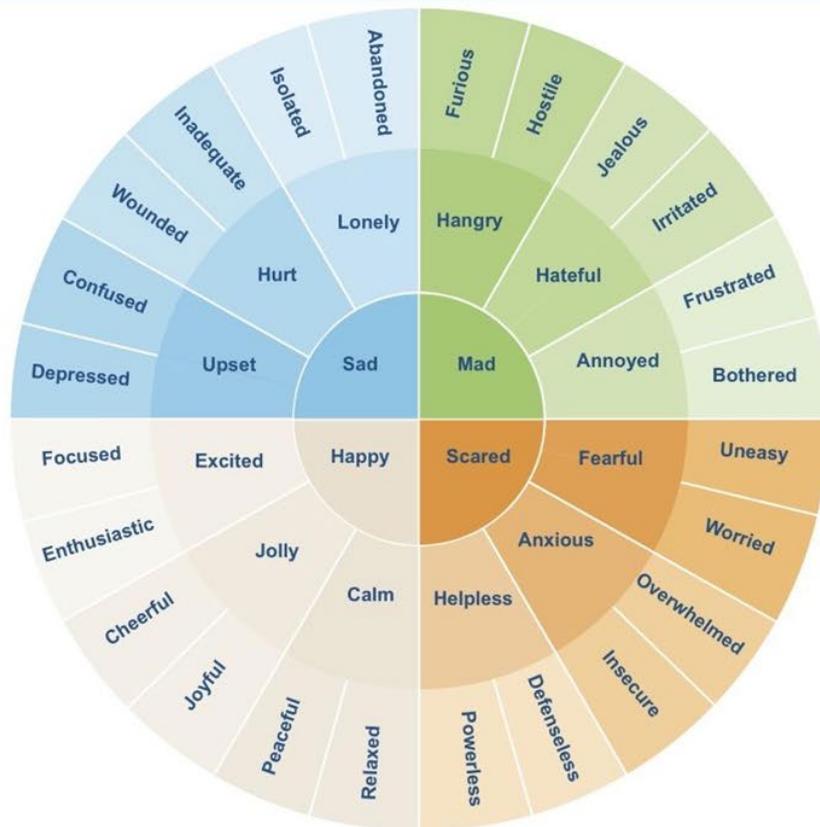
For the littles in your life, you can try these mindful exercises.

EMOTIONS: FIRST YOU HAVE TO NAME THEM TO TAME THEM!



Emotions Wheel

Find new words to express your emotions.



INTIMATE PARTNER RELATIONSHIPS



Intimacy is the key to a happy and healthy long term relationship. Relationship intimacy requires a strong physical and emotional connection. When a relationship lacks intimacy, it can be difficult to maintain. If a level of connection is lacking, it can lead to feelings of loneliness and resentment. When you feel emotionally intimate with your partner, it increases your overall well-being.

[10 Ways to Increase Intimacy in Your Relationship](#)



LOVE LANGUAGE
QUIZ

What's Your Love Language™?
For couples, singles, teens, and children.

Take this quiz to discover your primary love language, what it means, and how you can use it to better connect with your loved ones.

When you are finished, you may print, share, or save your results for future reference - they will not be saved automatically.

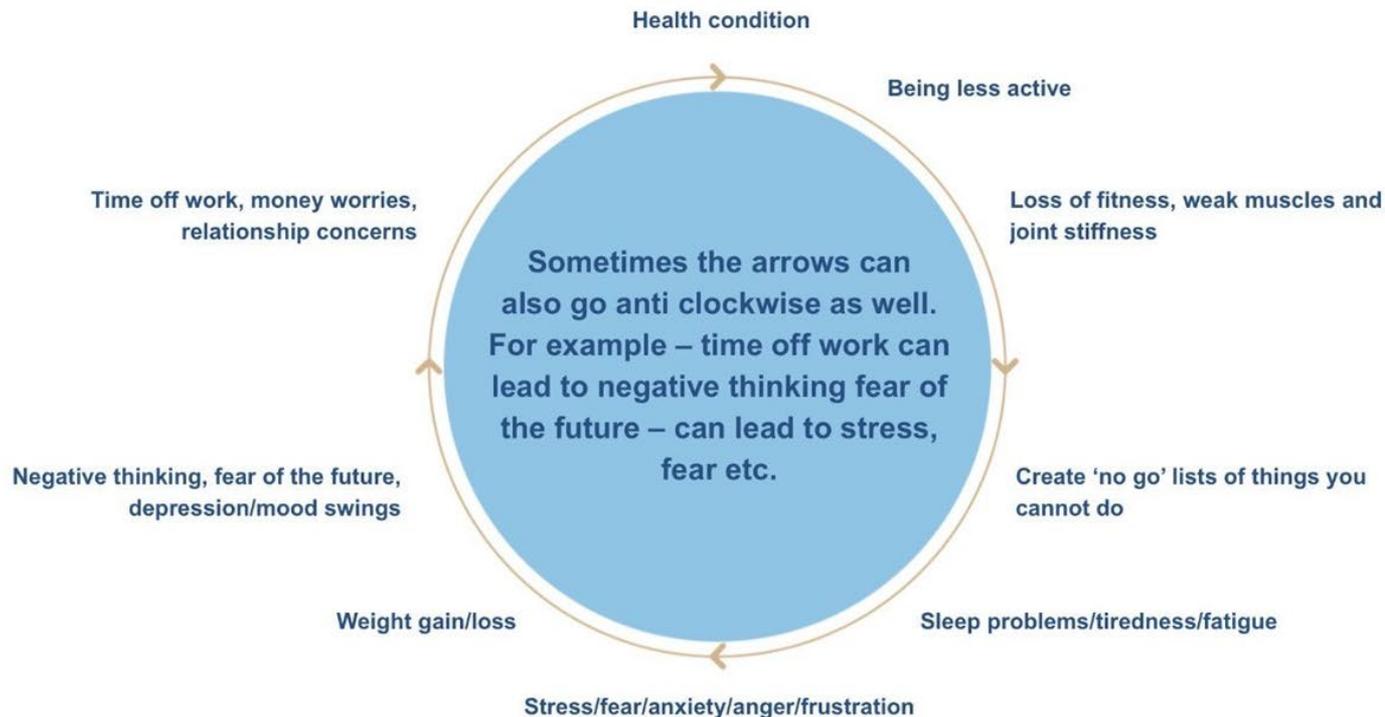
Start the Quiz

The graphic is a purple rounded rectangle. On the left, there is a circular logo with the text "LOVE LANGUAGE" in white and "QUIZ" in red below it. On the right, there is a white rounded rectangle containing the title "What's Your Love Language™?" in bold black text, followed by the subtitle "For couples, singles, teens, and children." in smaller black text. Below that is a paragraph of text: "Take this quiz to discover your primary love language, what it means, and how you can use it to better connect with your loved ones." Another paragraph follows: "When you are finished, you may print, share, or save your results for future reference - they will not be saved automatically." At the bottom right of the white rectangle is a red button with the text "Start the Quiz" in white.

Understanding your Partners and Your own love language.

Take the [love language quiz](#) to find out which of the 5 love languages is your preferred one.

THE VICIOUS HEALTH CYCLE



FAMILY DYNAMICS



Family dynamics refer to the patterns of interactions among relatives, their roles and relationships, and the various factors that shape their interactions. Because family members rely on each other for emotional, physical, and economic support, they are one of the primary sources of relationship security or stress. Secure and supportive family relationships provide love, advice, and care.

Parent Reminder: let your children see you...



Do something you love



Work towards a goal



Be kind to yourself & others



Rest



Take care of your health



Apologize when you need do



Be silly/have fun



Try/learn new things



Work through obstacles & problems



Ask for help

A REMINDER: PREPARE BY PRACTICING KEY DAY TO DAY WELLNESS TOOLS



What is Self-Care?

Self-care has been defined as "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being."

Essentially, **Self-Care describes a conscious act a person takes in order to promote their own physical, mental, and emotional health.**

Dorociak KE, Rupert PA, Bryant FB, Zahniser E. Development of a self-care assessment for psychologists. Journal of Counseling Psychology. 2017;64(3):325-334. doi:10.1037/cou0000206<https://doi.org/10.1037/cou00>



The Importance of Everyday Self-Care

Everyone experiences STRESS! Stress can affect us emotionally and physically. Stress reactions are normal. **A little bit of stress is not a bad thing.**

Prolonged stress however can take a emotional and physical toll on us. **Learning how to manage our stress and to regulate it is key to our wellness and overall health!**



Try to keep our stress within the healthy range by making the best choices for wellness across the 7 domains as often as needed in daily life.

This will ensure that in times of crisis and disaster you are better prepared to cope with those stressors and make the healthiest choices.