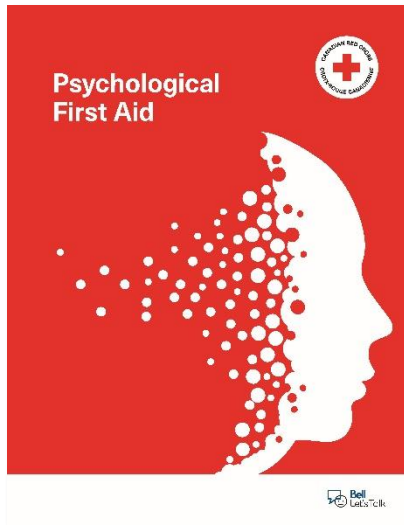


Psychological First Aid



What is Psychological First Aid



Psychological First Aid is a resiliency-building wellness program that equips individuals in supporting themselves and others to cope with the effects of stress, loss, trauma and grief.

- Develop your own self-care plan and improve your resiliency to mitigate the effects of stress.
- Receive practical take-away tools that you can use daily, and that help you to maintain a positive approach when working with others.
- Feel empowered and more confident to support others around you that may be struggling.



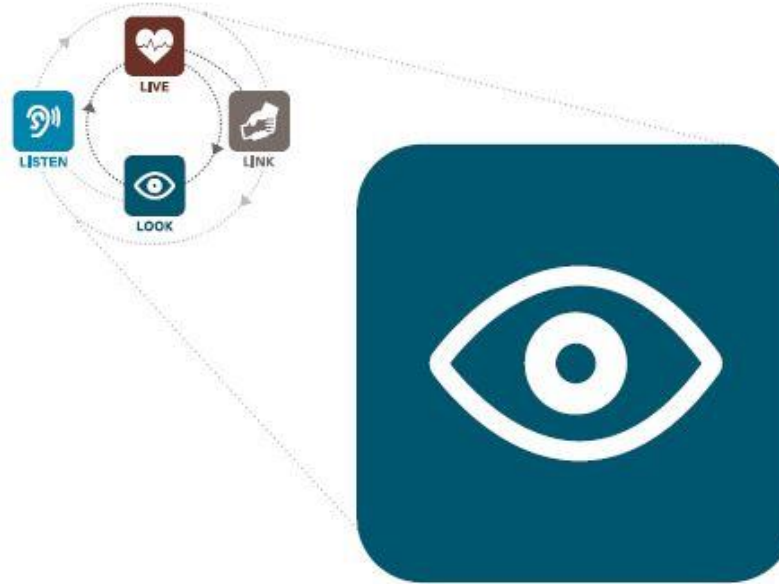
Psychological First Aid – Self-Care



This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to cope with the effects of various types of stress. This course can also be taken in combination with the Red Cross Caring for Others online course to supplement and strengthen an overall wellness program.

Look, Listen, Link and Live

Learn the cycle to keep you safe.



LOOK for common signs that indicate stress:

- Physical (stomach ache, tiredness)
- Mental (difficulty concentrating)
- Emotional (anxiety)
- Spiritual (loss of faith)
- Behavioural (recklessness, increased use of alcohol or drugs)
- Interpersonal (withdrawn or in conflict with others)



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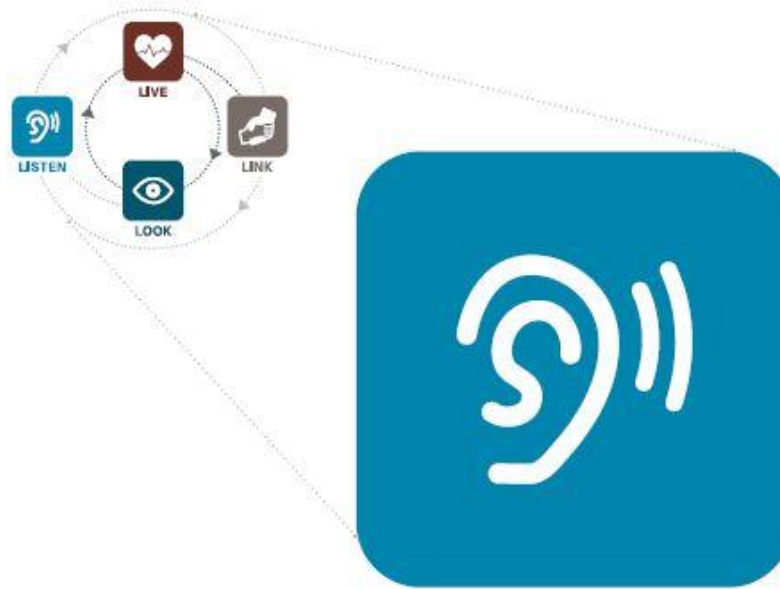
Red Cross Psychological First Aid training gives you the tools to recognize signs of stress, trauma, and grief in yourself and others, and coping strategies to respond effectively to stressful situations.

Visit redcross.ca/findacourse to register for training.



Look, Listen, Link and Live

Learn the cycle to keep you safe.



LISTEN to how you are feeling:

- Are you tired even though you've had enough sleep?
- Do you feel increasingly critical, cynical or disengaged?
- Acknowledge your feelings and make no assumptions.

LISTEN to how others are feeling:

- Be present, calm and respectful.
- Be compassionate.
- Empathize.
- Leave space for silence.



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Look, Listen, Link and Live

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LINK to the support systems in place to help cope with stress.

- **Self:** Actions you do individually to cope with stress (go for a run or listen to music).
- **Relationships:** Healthy relationships with family, friends, Elders and/or colleagues (a mentor).
- **Community:** Neighbourhood, club, workplace, or volunteer organizations.
- **Culture and Society:** Cultural traditions or religion and societal systems in place to protect you.



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MONTH DAY, YEAR

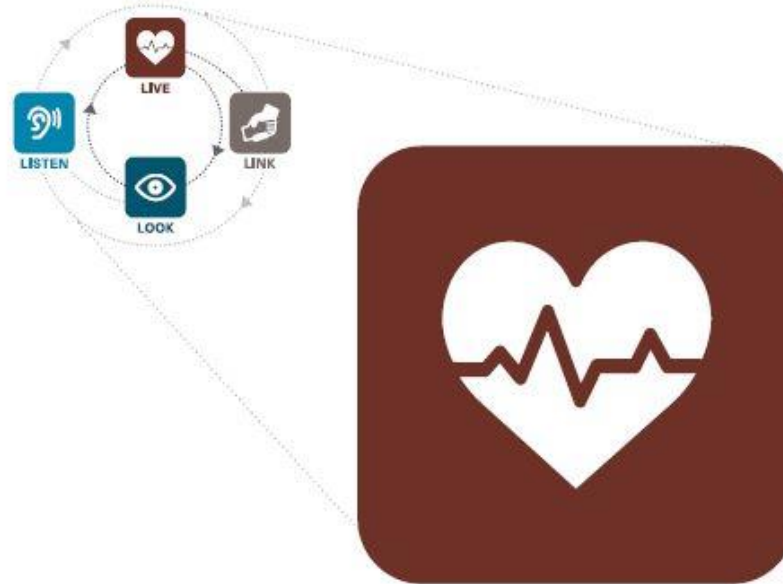
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Look, Listen, Link and Live

Learn the cycle to keep you safe.



LIVE with coping strategies in place so you can continue living!

Strategies include:

- Taking breaks.
- Developing realistic work expectations.
- Listening to and supporting your team.
- Maintaining healthy habits (eating, sleeping, exercising).
- Practicing stress management techniques (breathing or mindfulness).
- Maintaining healthy relationships.
- Asking for help if you need it.

Red Cross Psychological First Aid training gives you the tools to recognize signs of stress, trauma, and grief in yourself and others, and coping strategies to respond effectively to stressful situations.

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MONTH DAY, YEAR



Self Care Action Plan



Self Care Action Plan

My Signs of Burnout

My Stress Relievers

People I Can Reach Out To for Support

Helpful Reminders

What makes PFA different from Mental Health First Aid



- **The broad preventative focus of the program. Mental Health First Aid focuses on primarily educating professional responders on the signs, symptoms, and care for various types of mental health issues. Psychological First Aid offers a daily aid to dealing with the stresses of life for individuals within a broad spectrum of communities**



Psychological First Aid – Caring for Others



This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief on others, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to support others to cope with the effects of various types of stress. This course can also be taken in combination with the Red Cross Self-Care online course to supplement and strengthen an overall wellness program.



Self-Care & Wellness



Self-Care & Wellness is about taking care of yourself, learning how to anticipate stress and crisis whenever possible and equipping yourself with the skillset to practice self-care, particularly during challenging times.

The course offers tools and resources for individuals to improve their coping strategies and increase personal resilience during times of heightened stress. Learners will develop a self-care plan through a self-directed online component. The online course is complemented with an Instructor-led workshop where learners apply the principles of self-care using case-based learning, group discussion, and personal reflection.

PHYSICAL SELF-CARE

- Eat healthy food regularly to maintain energy
- Exercise regularly - pay attention to stretching regularly if you sit for long periods of the day
- Attend to health issues when they arise.
- Take holidays/vacations regularly
- Pamper yourself with massages, manicures, etc
- Participate in a fun activity with a partner
- Get enough quality sleep
- Find an activity connected with nature

MENTAL SELF-CARE

- Take "mental health" days to escape
- Detach from electronic devices
- Self-reflect through journaling
- Meditate on your thoughts, emotions, and beliefs
- Engage in a fun hobby (gardening, cooking, sport)
- Read fiction or non-related non-fiction
- Attend social events - concert, sport event, movies
- Conduct a stress assessment of your life
- Conduct a commitment assessment of your life
- Create a digital inspiration kit containing favourite songs, positive quotes, TED talks, podcasts etc

EMOTIONAL SELF-CARE

- Spend time with family and friends
- Read light hearted books
- Watch comedy movies
- Engage in activities that provide comfort
- Physically experience emotions through crying and laughing
- Channel anger and frustration through action such as exercise, journaling, protests, petitions etc
- Use mindfulness to meditate on your emotions
- Be mindful of bodily aches and pains that may connect with an emotional experience
- Identify your emotional triggers
- Implement a practice of gratitude

RELATIONSHIP SELF-CARE

- Take recreational time with partner or spouse
- Take recreational time with children
- Take recreational time with friends
- Connect with older relatives
- Spend time with animals
- Engage in social activities with groups
- Rely on support from friends and family
- Ask for help when you need it
- Do any of the above mentioned physical, psychological and emotional self-care activities with family or friends

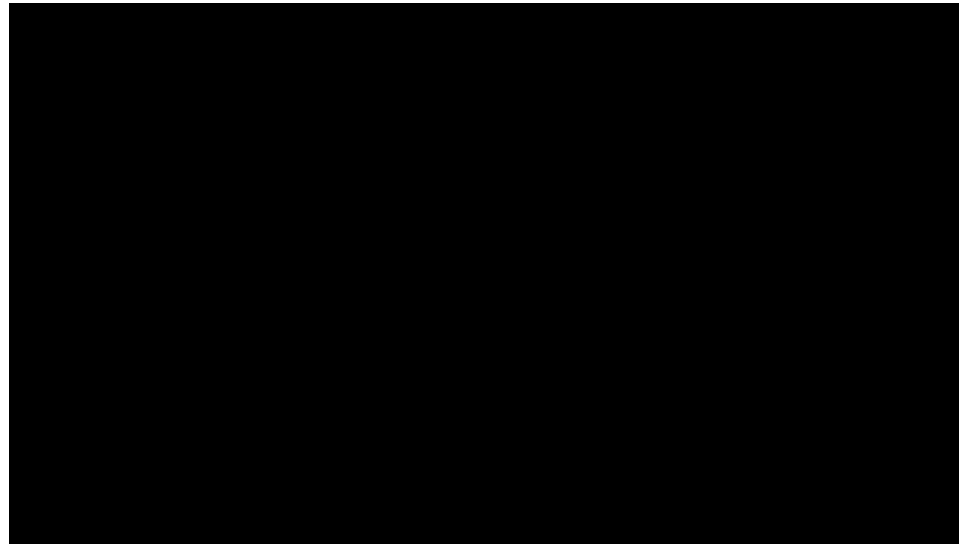
TIPS

The above list of suggested activities may appear overwhelming and if you are currently feeling pressure in other areas of your life, you may view the above list as yet another to-do. Just pick one simple thing to do. Make your plan for self-care an easy win by choosing an activity with limited barriers. Make the activity short in time and limited in difficulty. Once you have achieved that level of self-care, use that achievement as inspiration to pursue other activities.



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Self Care



Psychological First Aid



- Paulathulin@Hotmail.com
- Questions?
- Thank you 😊