

## **Toolkit 1 - Learning Unit 8 Post Intervention**



### **BEFORE ANYTHING PLEASE REMIND**

The **posture of the intervener** during a crisis **is a major factor** in the smooth running of the situation.

Indeed, as an **operational figure** in the field and as a **safety person for the victims**, he/she must be able to **work in collaboration, in safety for him/her and for others**.

This also implies **being attentive to one's own needs, emotional and mental state** in order to also take care of oneself and avoid possible vicarious traumas during crisis contacts.

Remember you **have to be trained** to crisis emergency interventions and in **good and safe mental and brain Health**

N.B. : all exercices can be used in pré-acute phase, acute phase and follow up but with variations depending on the time you have.



## **Toolkit 1 - Learning Unit 8 Post Intervention**

### **Activity 1c Grounding**



**Check**

**1. Do you feel that you are aligned and in connection inside your body ?**

**If you answered “No”, please try this activity :**



**Go to Unit 1 Step 3 to experiment Grounding**

