

Toolkit 1 - Learning Unit 7

Post-intervention

Activity 5

Learning to learn: capitalize on your learning, understanding and profiting from experience



Exercise

Load management in a crisis situation

5. Can you stay focused, composed and calm in a crisis situation?



Activity 5

Close your eyes and vividly imagine yourself learning about the crisis situation that usually awaits you. Become aware of your emotions. Imagine yourself preparing for the situation and being confident that you will perform adequately and handle the crisis situation. Visualize how you manage the situation, imagine the specific details of how it unfolds and finally how you leave feeling good and enjoying how you handled it.

You can write brief notes related to this imagination exercise.



**Psychological
Early
Intervention**

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