

Toolkit 1 Post intervention

Learning Unit 10

Self evaluation: reconnect to yourself, keep in mind your resilience

4 - Areas of improvement

4. *Can I do something more to improve my resilience?*  Yes

If you answered “Yes”, please read the following exercise

Activity 5



Exercise

Note: you can reinforce your resources and resilience by practicing the same exercise you propose to victims in an emergency.

Activity 5

Reinforce your resources and resilience

Materials: a sheet of A4 paper and some coloured pencils and a pen.

Instructions: Fold the paper into four parts. At the top left of each corner, write clockwise, the letters of the alphabet A, B, C, D.

Exercise:

1. Draw the image of the worst aspect of the emergency intervention, which is bothering you in corner A. On a scale 0-10 (0 minimum impact, 10 maximum impact) score how the image is disturbing you and write the number in corner A. Then breathing slowly and deeply, practice the butterfly hug (tapping on your crossed arms) for 20-30 seconds, three or four times, observing what is going on.
2. Then draw the image of the stressful situation as it is now in corner B.
3. Keep going until corner D. On a scale of 0-10 (0 minimum impact, 10 maximum impact) score how the image is disturbing you and write the number in corner D.
4. If the score is around 0-2 proceed with the last phase of installation, doing tapping or butterfly hug for 6-8 seconds three times.
5. If the score is around higher than 3, you can conclude the exercise by turning over the sheet of paper and drawing your inner resource on the back. Install it with 15-20 seconds of tapping.

