

Project Number: 2020-1-PL-KA202-082075



Toolkit 1 Learning Unit 1

Body mindfulness: Soothing emotion and stabilizing the mind through the body **Pre intervention**

Developed by Institut Alfred Adler de Paris





Co-funded by the Technologie Coprotection of Erasmus+ Programme View of the European Union



Toolkit 1 LU1 Body mindfulness Pre intervention



1. Mind-body Preparedness

Question : Do you need help getting ready ?
Quizz 1.: victim typology and self Evaluation
Activity 1 : Good to Go Check-List



2. Body Stabilization

- Question : Are you experiencing physiological signs of stress?
- Quizz 2. : Body stabilisation
- Activity 2 : Cardiac coherence



3. Emotional Stabilization

- Question: Are you experiencing emotional sign of distress ?
- Quizz 3. : Emotional stabilisation
- Activity 3 : Grounding activity



4. Cognitive Stabilization

- Question: Are you experiencing cognitive sign of distress?
- Quizz 4. : Cognitive stabilisation
- Activity 4 : Happy place and other anchoring activities



4. Social Stabilization.

- Question: do you feel belongingness, and support from members of the group ?
- Quizz 5. : Social stabilization
- Activity 5: Butterfly Hug Group Protocol



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1 - Mind-body Preparedness

1.Do you need help getting ready before you leave for your crisis intervention?

the practical aspect

Click here to get help for you readiness plan

Good to Go Check-List

mental state

Awareness can mitigate acute distress : Click here to QUIZZ 1

Victim Typology and Self **Evaluation**

Photo by Erol Ahmed on Unsplash



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2 - Body stabilization





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3 - Emotional stabilisation



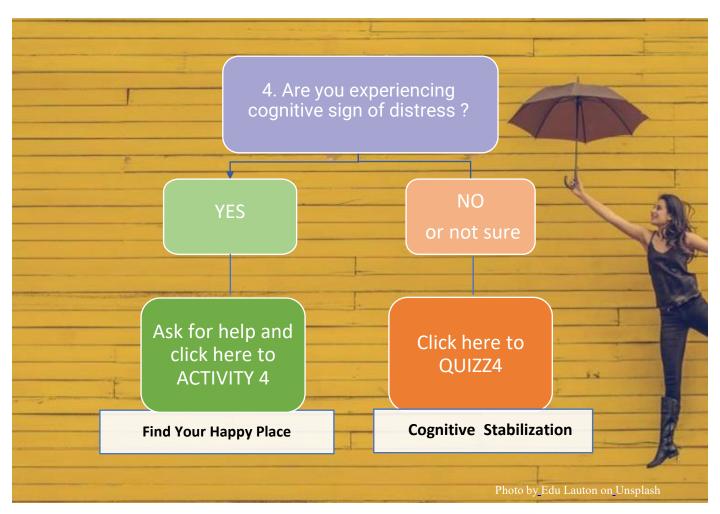


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4 - Cognitive stabilization

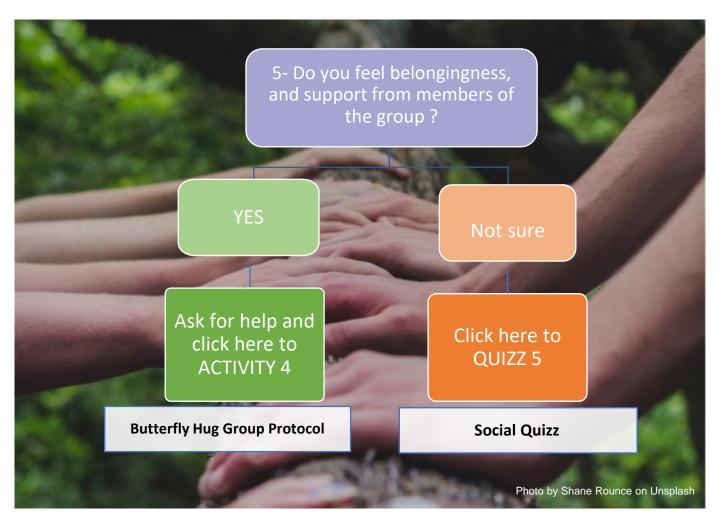




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5 - Social stabilization





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