



Photo by Darius Bashar on Unsplash

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

Toolkit 1

LU1

Body mindfulness

Pre intervention



1. Mind-body Preparedness

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



2. Body Stabilization

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



3. Emotional Stabilization

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



4. Cognitive Stabilization

- Question: Are you experiencing cognitive sign of distress?
- Quiz 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 ?
- Quiz 5. : Social stabilization
- Activity 5: Butterfly Hug Group Protocol

1 - Mind-body Preparedness

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

Yes, I need help on the practical aspect

Yes, I need a briefing on my mental state

Click here to get help for you readiness plan

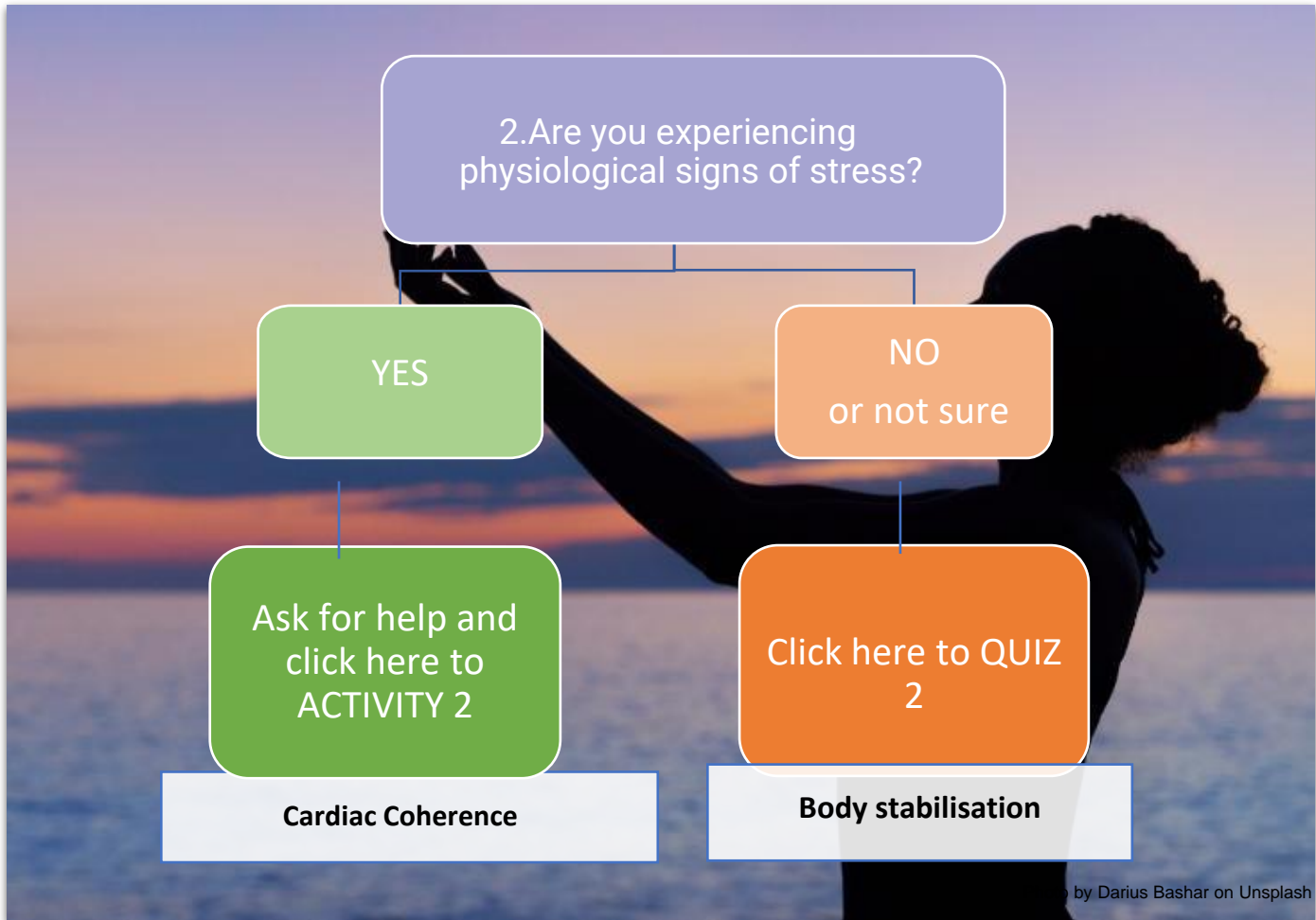
Awareness can mitigate acute distress : Click here to QUIZZ 1

Good to Go Check-List

Victim Typology and Self Evaluation

Photo by Erol Ahmed on Unsplash

2 - Body stabilization



3 - Emotional stabilisation

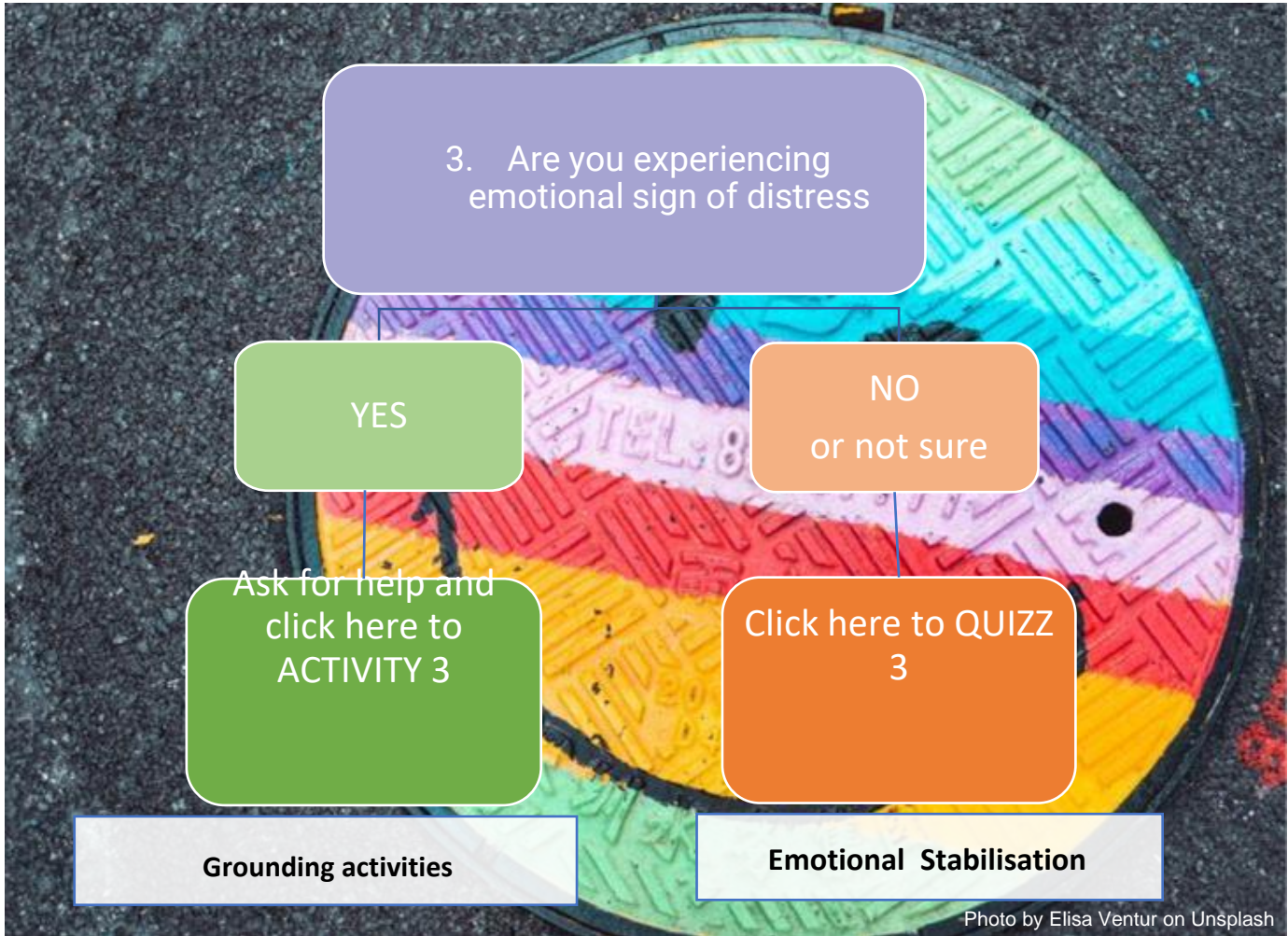


Photo by Elisa Ventur on Unsplash

4 - Cognitive stabilization

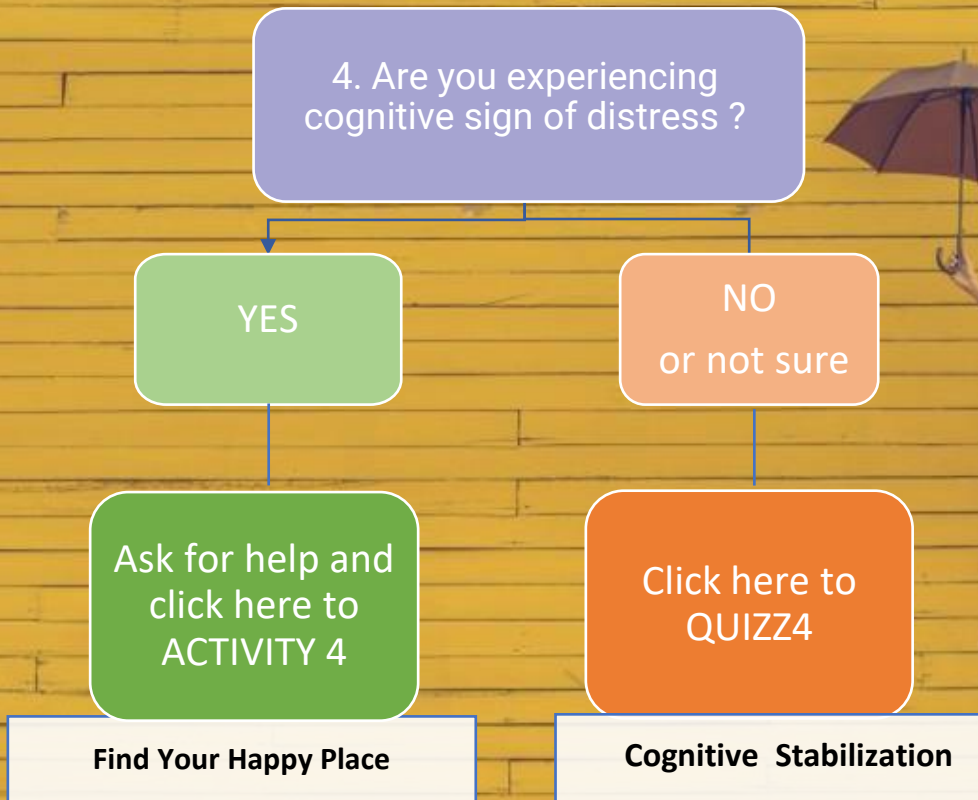


Photo by Edu Louton on Unsplash

5 - Social stabilization



Toolkit 1

Learning Unit 1

Pre intervention



Thanks

Keep going to
another Unit