



Toolkit 1 - Learning Unit 8 Pre 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.





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Activity 1a Cardiac coherence



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 2 to experiment Cardiac Coherence

