

Toolkit 1 - Learning Unit 7

Pre-intervention

Activity 1

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



Exercise

Being calm before intervention

1. Are you reasonably calm with a clear mind when you're thinking about a crisis situation in which your help is expected?



NO

Activity 1

Do the Applied relaxation (AR), originally developed by Lars-Göran Öst (8-10 min. by a participant who knows the method practically). If you are not familiar with the relaxation according to Öst, please do Jacobson's Progressive Muscle Relaxation (about 5 min., you can follow this link: <https://www.youtube.com/watch?v=t3uK039WdaM> and/or this website: <https://www.healthline.com/health/what-is-jacobson-relaxation-technique>).

After finishing the relaxation, write down the key information you have learned about the crisis situation on an A4 sheet of paper (5 min.) Find a colleague and exchange the written sheets of paper. After reading the information that your colleague has written down (5 min.), address the points in a peer conversation (10 min.) that:

a) you have not captured in your description of the situation;



**Psychological
Early
Intervention**

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b) what upset you.

Ideally, you should do this exercise with some of your colleagues although you can also do it on your own.



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