

Toolkit 1 Pre intervention

Learning Unit 10

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

2 – Check your inner resilience

2. *Am I connected to my inner resilience?*



Yes

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

Activity 3



List of
recommendations

Recommendations

In order to prepare yourself for an early psychological intervention, follow the 8 good practices described in the next table.



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Am I connected to my inner resilience?

8 Good Practices before go

1

Remember to eat something before an emergency intervention



2

Remember to take some water with you and bring light snack, avoiding foods enriched with simple sugars or saturated fats: fresh and dried fruit are excellent ideas



3

Take a few minutes to breath deeply. Use some technique you already know



4

Get all the information about the incident from your coordinator/crisis Manager



5

Remember: don't go alone. Try to work almost always with a colleague



6

Take all the materials you might need to be recognised: badge, coat (if you use it)



7

Check the psychological early intervention protocol you will provide



8

Bring with you all the materials you can use for psychological early intervention that you will provide: medical record, sheets, pencils, paper tissues, water and plastic cups...

