

Toolkit 2

Pre intervention

Learning Unit 9

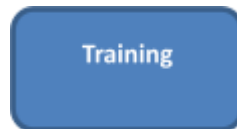
Peer support - having a supportive context is crucial to enhance resilience

5 - Training in stress management

5. Did your team receive some training in stress management? Yes

If you answered “Yes”: please check some training to be implemented with your team.

Activities 9



Note: please check which training could be implemented with your team, discuss and organise some new training activities to prevent vicarious trauma: give your members some skills in stress management. Go to Activity 8.1 and 8.2 for some nudges.