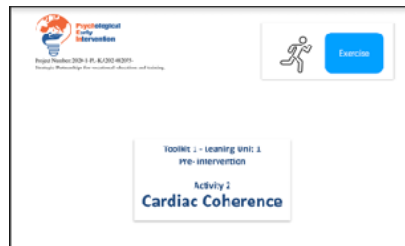


Toolkit 1 - Learning Unit 1 Pre- intervention

Activity 1 Good-to-Go Check-lists

You plan to be part of a psychological first aid intervention. You may feel some sign of distress. If so, please go to our step 2 and do the activity called **Cardiac Coherence** :

If you feel enough stabilised for now on, we suggest you to review what you need to do before leaving .



Being prepared is not only about having the **right supplies...**

([Click here to the Supply kit Check-list](#))

..it is also about **doing the right thing before leaving**

([Click Here to go to the BEFORE LEAVING TO-DO List](#))

And **doing the right thing during the emergency intervention**

([Click here to go to During intervention To-Do Check-List](#))

And, last but not least, your ability to cope or even recover from unexpected situations mostly relies on your **ability to connect to others.**

([Click here to the emergency connexion kit](#))





Emergency Supply Kit Check-List :

Mobile phone and extra battery.



Since communication is all-important during emergencies, mobile phones are likely the most important device you can own. Not only can they serve to keep track of the time and as sources of information, local map and training.

You can load them up with various apps like [comforting or self-soothing activity](#), relaxing ones, mediations, music and so on...

- Water bottles with **purifying filters**.
- Credit cards**, cash or traveler's checks
- ID** (Take also a copy of critical personal documents in a protective, sealable bag (Include identification, passports, citizenship papers, Social Insurance Numbers, emergency contact list, critical medical records and prescriptions...)
- First aid kit** (including bandages, tape and antibacterial ointment...)
- Snacks** and non-perishable food easy to carry out.
- Whistle (to signal for help)
- Flashlight**



A small combination keychain-whistle-flashlight can come in handy in a number of ways.

- Pen and paper**
- Local vocabulary list of important notions
- Security blanket , sleeping bag** or blanket
- Complete change of clothing** appropriate for the climate and sturdy shoes
- Entertainment**, such as board games, movies, podcasts, books, puzzles or other activities to keep a good mood
- Local maps
- Local emergency telephone number

- Mess kits, paper cups, plates, paper towels and plastic utensils
- Dust mask (to help filter contaminated air)

- Toilet paper
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Feminine supplies and personal hygiene items

- A multi-tool with screwdriver or Swiss knife
- Matches or lighter in a waterproof container
- Plastic sheeting and duct tape
- Wrench or pliers
- Manual can opener (for food)

- Your specific prescription medications
- Non-prescription medications such as pain and fever relievers, antihistamines, anti-diarrhea medication, antacids, rash cream or laxatives
- A cooler and chemical ice packs available to chill medicines that need to be refrigerated.
- Extra eyeglasses, contacts, hearing aids and batteries
- Contact information for doctors, relatives or friends who should be notified if you are hurt
- Prescription eyeglasses and contact lens solution

Before leaving To-Do Check-List :

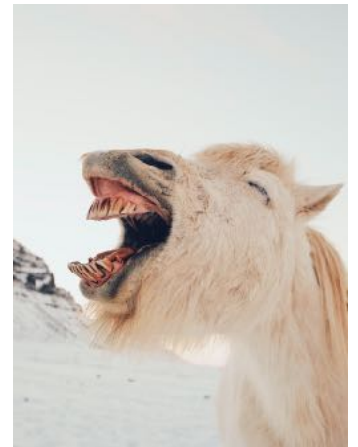


- Did you manage to drink enough before leaving?
- Did you take time to eat something?
- Did you manage to sleep even for a little nap?

- Did you Intentionally take time to find something that makes you really laugh out loud.

- Engage in a comforting or self-soothing activity

- Never forget that it's the moment to stay safe, comfortable and strong, but not heroic!**



Emergency Connexion Check-List



- Did you keep in touch with your family and friends ? (you may call them, but you may also write them real letters)
- Did you brainstorm a list with your team or a focus /task group about what need to be done before leaving?
- Did you brainstorm a list with your team or a focus /task group about what you need to carried out?

- Did you say goodbye to your family and friends?
- Did you leave a note if it was impossible talking with them?
- Did you write down their phone number or address to reach them easily ?
- Did you reach out your coworkers and supervisors ?
- Did you brush up on some local or English basic medical and psychological vocabulary before you go, to make sure you're prepared for any eventuality. ([Click here](#))

During intervention To-Do Check-List:

- Do you take a time for a daily physical activity?
- Do you Intentionally take time to find something that makes you really laugh out loud?
- Do you manage to sleep as well as possible? Can you do something to improve our sleep? (a security blanket , sleeping bag or blanket to keep you warm, a sleep mask or earplugs)
- Do you manage to keep up a good shape while eating and drinking enough and regularly
- Do you take few minutes a day to stretch out your body (Anxiety tends to hijack the body. While everyone stores anxiety in different spots, common areas are the jaw, hips, neck, shoulders, and upper back...)
- Have you think of keeping a daily gratitude journal ([click to learn more about it](#))



Photo by Marcos Paulo Prado on Unsplash

Emergency words in the local language or/and most usually spoken language onsite:

Family (mother, father, son, daughter, sister, brother ...)		
Help		
Hospital		
Accident		
Emergency		
Accident and Emergency		
Ambulance		
Doctor		
Nurse		
First Aid		
Symptoms		
Sick		
Fever		
Cold		
Flu		
Ill		
Cut		
Injury		
Hurt		
Pain		
Injured		
Blood		
Faint		



Light-headed		
Shock		
Broken		
Breathing		
Treatments		
Pills		
Medicine		
Tablets		
Bandage		
Surgery		
Help		

Gratitude and positive things journal

Studies have traced a range of impressive benefits to the simple act of writing down the things for which we're grateful—benefits including better sleep, fewer symptoms of illness stress. The entire experience of gratitude—is really about forcing ourselves to pay attention to the good things in life we'd otherwise take for granted.

In a crisis, negative things may be overwhelming, so focusing on positive things may balance it a little bit, which can definitely help.

The basic practice is straightforward.

You can only record 3 positive things or things you experienced in your day for which you're grateful. Be aware of your feelings and how you “relish” and “savor” this gift in your imagination. Take the time to be especially aware of the depth of your gratitude and the blessing of experiencing good things in this particular context of crisis. You have to emphasize it.

The entries can be brief—just a single sentence—but take time to really **state it explicitly in your mind for your self-self or even better for someone else.**

Go for depth over breadth.

Elaborating in detail about a particular thing for which you're grateful carries more benefits than a superficial list of many things.

Get personal. Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.

Savor it. Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of joy and gratitude.

Don't hurry through this exercise as if it were just another item on your to-do list. Take time to really feel them. Research shows that translating thoughts into concrete language—whether oral or written—has advantages over just thinking the thoughts: It makes us more aware of them, deepening their emotional impact.

A gratitude and positive journal may help you “bring a new and redemptive frame of reference to a difficult life situation.»

