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10 ESSENTIALS:



TOOLS FOR EMOTIONAL FIRST AID™

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CALM

- PAUSE
- BREATHE
- BODY

Reduce "Threat" Response, Be Aware in the Present
Slowly and Deeply
Notice Sensations, Tense and Release muscles, 5 Senses

CONNECT

- COMFORT
- CONNECT
- COMPASSION

Soothing Self, Hand on Heart, Movement, Nature, Music
With Others, Hugs, Professionals, Your Community
Kind to Yourself, Common Humanity

CLARITY

- AWARENESS
- ACCEPTANCE

Triggers, Feelings, Perceptions, Values
Situation, Self, Others without judgment

CHOICE

- THINKING
- PLAN &
PROBLEM SOLVE

Flexible, Accurate, Positive
Assess Options and Consequences
Choose Wisely –Will my action lead to desired outcome?