

**Psychological First Aid (PFA)** is a humane, supportive and flexible response to fellow human beings who are suffering or distressed during or after crises or emergencies, like the current COVID 19 pandemic.



For more information about Psychological First Aid please go to the COVID 19 Psychosocial, Mental Health and Wellbeing page at:

<https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-support-and-wellbeing>

## Self Care in a Crisis

The emotional labour involved in successfully managing our own feelings whilst attending to the needs and distress of others can be very demanding (both at work and at home) in times of crisis. It is important that we are all able to talk openly and honestly about our mental health and wellbeing: Looking after our mental health is just as important as our physical health.

Using the ABC of self care in a crisis situation can really help us to maintain our own personal resilience and strength in the face of increasing stress and emotional labour.

### AWARENESS



- + Awareness of your own responses
- + Acknowledge and accept feelings and thoughts
- + Activate self-compassion and calm coping strategies

### BALANCE



- + Breaks: regularly recharge at work
- + Boundaries: leave work at work
- + Basics: routine, eat well, hydrate, exercise, sleep

### CONNECTIONS



- + Colleagues: kindness to and from peers
- + Community: virtual and physical connection with family and friends
- + Cherish values: the meaning and importance of your work