Title: Personal First Aid Kit

Exercise Code: SLINTEGRA019

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| Modules: | Group size: | Duration: |
| 1. Social Learning  3. Personal Integrity  5. Conflict Solving Strategies  8. Situational Awareness  11. Reflection & Evaluation | Individual  Small group | 60 min |

# Purpose:

help to formulate a plan of action that one can use when faced with an emotional distraction (personal challenge)

# Description:

1. Creating Self-Care Kit with following questions:

* Who can I turn for support when I am upset? (Who comforts me, make me feel safe, and allows me to have my feelings?)
* Who do I need to avoid? (Who adds to my stressful level, cannot listen without interrupting, offering advice, overwhelms me with questions,:.?)
* What exactly I need to feel strong, nurtured, comforted, healthy?
* How can (will) I best express my feelings?
* What can I do when I need to take a break from the emotional stress? (my best healthy distraction)

1. Group discussion/Sharing
2. Make a poster, postcard, cartoon, strip,..

and keep it in your emergency “box”

# Material:

cardboard paper, pencil, colored pens or/and computer graphic applications (own manual)

# Methods:

Self-reflection, mind map

# Advice for Trainer: /

# Source/Literature:

Integra Institute (Sonja Bercko, NLP spec. neurolinguist, Psychosynthesis Therapist)

# Handouts:

example of the strip