

Strategy Six - Three Strategies for Emotional First-Aid

Feeling disturbed can be a normal healthy response to disturbing situations. Yet sometimes we can become so disturbed that this interferes with our capacity to respond. Emotional First-Aid involves doing something in a short space of time that helps bring you back to a more settled and steady state.

1) ABRAH

When you're feeling on edge or in a wobble state, remember the magician's first magic word of ABRAH, this reminding you to:

Acknowledge
Breathe
Respond with
Active
Hope

Acknowledging what's happening, noticing both outer events and inner responses. This is a starting point.

Breathe – the three breath pause of breathing in, breathing out, noticing each breath, breathing in, breathing out, giving your attention to the sensation of air coming in and out, breathing in and breathing out. This gives you a short renewal pause.

Respond with Active Hope by starting from where you, accepting that as your starting point, then identifying what you hope will happen here and taking action steps to make that more likely to occur.

2) Self-Compassion

If you notice the 'crap channel' of negative commentary blaring away, a choice-point available to you is to switch channel. You can find a kinder, more supportive way of talking to yourself, where you notice what's going well, and the positive steps you've taken, as well as encourage yourself to pay attention to your needs and look after yourself. Useful questions to ask yourself are "what might a good friend say to me in a situation like this? Or an encouraging coach?"

3) Pause for Mindfulness, with the Five Sense Check-in

How you feel is shaped in part by what you give your attention to. If your mind is in a spin, and you can put on the breaks by grounding yourself, giving your attention to your five senses, prompted by the following questions:

What am I seeing? (Look around you.)

What am I hearing? (How many sounds can you hear?)

What can I smell? (Take a big sniff.)

What can I taste? (Allow your tongue to wander round your mouth.)

What can I feel in my body? (What sensations can you feel?)

Once you are more settled, you can review the situation in front of you.