



Do you take care of your teeth more than you take care of your mind?

Physical
You know the common injuries and how to apply first aid

Psychological
You generally don't think about your emotional health

EMOTIONAL First Aid

Here is all you need to know

Failure

ARE EMOTIONAL CHEST COLDS THAT CAN BECOME PSYCHOLOGICAL PNEUMONIA



- First Aid Tip:** Do not get convinced by a failure
- Ignore your mindreading, gut reaction
- Get the factors that were in control and consider how you can go about improving those

Brooding

FEELS LIKE PICKING CONTINUOUSLY AT EMOTIONAL SCABS



It means continuously cribbing or thinking about a bad experience.

- First Aid Tip:** Distract yourself by doing something you really love for minimum two minutes.
- Play a quick game of backfire or sing your favourite song

Guilt

IS LIKE POISON RUNNING THROUGH THE SYSTEM



Red Flag: Obsession for blame

- First Aid Tip:** A little bit of guilt is good for keeping healthy relations.
- Put yourself in their shoes and rethink
- Ensure that you really do feel sorry

Low-Self Esteem

CONSIDER IT TO BE LIKE A WEAK IMMUNE SYSTEM



I AM WEAK AND A LOSER AND STUPID

Red Flag: Constant self-doubt and self-criticism

- First Aid Tip:** Write a cheerful letter for yourself, as if you were writing to a friend
- Remind yourself of all the great things you have done

REJECTION

THE CUTS AND BRUISES OF DAILY LIFE



- First Aid Tip:** Make a list of your best qualities and write why each of these matter
- Revive your self-worth through believable and positive affirmations
- DO NOT OVER PUNISH**

LOSS & TRAUMA

FEELS LIKE EMOTIONAL FRACTURE



I DON'T WANT TO MEET ANYBODY.

- First Aid Tip:** Give yourself some time
- Find meaning in your loss and derive a new purpose from it
- Reconnect with those who remain and make new connections

LONLINESS

IS SIMILAR TO MUSCLE WEAKNESS



NOBODY CARES FOR ME AT ALL

Red Flag: Isolation

20% of people experience this

- First Aid Tip:** Make a list of events you really make to avoid meeting people
- Identify the people you really like
- Even if you are getting anxious, avoid making these events. Go and meet them

Emotional First Aid

Liyong Dong



Emotional First Aid:

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