



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



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 these

Brooding

FEELS LIKE PICKING CONTINUOUSLY AT EMOTIONAL SCABS



It means continuously cribbing or thinking about a bad experience.



Divert yourself by doing something you really love for minimum two minutes.

Play a quick game of backflip or sing your favourite song

Guilt

IS LIKE POISON RUNNING THROUGH THE SYSTEM



A little bit of guilt is good for keeping healthy realtions.

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



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



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



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



Make a list of events you really make to avoid meeting people

Identify the people you really like

20% **RECOVER** FROM LOSS

Even if you are getting anxious, avoid making these excuses. Go and meet them

Emotional First Aid

WJ Hussar



Emotional First Aid:

Unveiling the Magic of Words: A Review of "**Emotional First Aid**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Emotional First Aid**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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