

## **Psychological First Aid Actions**

- Making a connection
- Helping people be safe
- Being kind, calm, and compassionate
- Meeting people's basic needs
- Listening
- Giving realistic assurance
- Encouraging good coping
- Helping people connect
- Giving accurate and timely information
- Linking to collaborative services
- Ending the conversation
- Taking care of yourself

## **Active Comforting**

- Presence = showing up to listen & watch  
Validating the experience & highlighting divine perspective
- Companioning = walking along side through the valley(s)  
Assuring them that they are not alone & reminding them
- Supporting = encourage, refresh & render aide as required  
Sharing & spreading the weight of the burden
- Protecting = shielding & leading in a safe direction  
Stepping in to prevent further harm
- Resourcing = providing connections to the community & to the faith family  
(grace gifts of the Spirit); informing and guiding to additional help

## **Self care includes intentional rest and restoration**

- Give yourself permission to rest and get plenty of sleep
- Talk to someone you trust – someone who cares about you
- Get some exercise or take a walk
- Take a break from time to time
- Eat healthier during this time
- Stay hydrated
- Ask for help