



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



There is
always
something
to be done

Failure

ARE EMOTIONAL CHEST COLDS
THAT CAN BECOME
PSYCHOLOGICAL PNEUMONIA

I AM NOT UP TO
THE MARK

I DON'T THINK
I CAN DO IT

I WON'T TRY
ANYMORE



Do not get
convinced
by a failure

Ignore your
misleading
gut reaction

List 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
criticizing or thinking about
a bad experience

I CAN'T GET
OVER IT MAN

I AM SO NOT
ABLE TO WORK

AND I AM SO
DAMN ANGRY



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

Play a quick game
of badminton or sing
your favourite song

Guilt

IS LIKE POISON
RUNNING THROUGH
THE SYSTEM

EVERYTHING
ABOUT ME SICKS

I WILL NEVER
CONFRONT HER

I SHALL PUNISH
MYSELF FOR THIS

GOD, WHY CAN'T
I FOCUS?



Red - Emotion
Red - Emotion
Red - Emotion

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 DON'T THINK
I DESERVE THIS

EVERYTHING ABOUT
ME IS SO WRONG

I AM WEAK AND
A LOSER AND STUPID



Red - Emotion
Red - Emotion
Red - Emotion

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

I NEED
ALCOHOL

LET ME ROG
LIKE A PIG

I KEEP FEELING ANGRY
ALL THE TIME

I AM DEEPLY HURT,
VERY VERY DEEPLY



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 PROMISE

LOSS & TRAUMA

FEELS LIKE
EMOTIONAL FRACTURE

WHY ME?

THIS CAN'T BE TRUE,
I FEEL TRAPPED

FORGET DOING
STUFF, I CAN'T
EVEN THINK

I DON'T WANT TO
MEET ANYBODY



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

MY HEAD FEELS
ALL MESSED UP

I FEEL DISCONNECTED
AND MISERABLE

NOBODY CARES
FOR ME AT ALL



Red - Emotion
Red - Emotion
Red - Emotion

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

Identify the
people you
really like

20%
Red - Emotion
Red - Emotion
Red - Emotion

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

Emotional First Aid

Lei Shi



Emotional First Aid:

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