



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  
cubbing 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



Dissect 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  
Yellow - Action  
Blue - Thought

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  
Yellow - Action  
Blue - Thought

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

Revise 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  
Yellow - Action  
Blue - Thought

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

Identify the  
people you  
really like

20%  
OF THE  
POPULATION  
IS LONELY

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

# Emotional First Aid

**Lei Huang**



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