



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



- 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



- 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 those matter
- Revive your self-worth through believable and positive affirmations
- DO NOT OVER PUNISH

## LOSS & TRAUMA

FEELS LIKE EMOTIONAL FRACTURE



- 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



- 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

**John Schurmann**



## **Emotional First Aid:**

*Emotional First Aid* Guy Winch, Ph.D., 2014-07-29 Prescriptive and unique Emotional First Aid is essential reading for anyone looking to become more resilient build self esteem and let go of the hurts and hang ups that are holding them back We all sustain emotional wounds Failure guilt rejection and loss are as much a part of life as the occasional scraped elbow But while we typically bandage a cut or ice a sprained ankle our first aid kit for emotional injuries is not just understocked it is nonexistent Fortunately there is such a thing as mental first aid for battered emotions Drawing on the latest scientific research and using real life examples practicing psychologist Guy Winch Ph D offers specific step by step treatments that are fast simple and effective [Emotional First Aid](#) Guy Winch, 2013 Most of us have no idea how to treat day to day emotional injuries such as failure rejection and loss when left untreated can significantly impact our quality of life In this fascinating and highly practical book Dr Winch offers concrete easy to use exercises backed up by hard cutting edge science to aid in recovery [Summary of Guy Winch's Emotional First Aid](#) Everest Media, 2022-03-25T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Rejections are the most common emotional wounds we suffer in life We experience them when we are turned down by potential dates refused by potential employers and snubbed by potential friends 2 Rejections can cause four distinct psychological wounds the severity of which depends on the situation and our emotional health at the time When the rejections we experience are substantial the urgency of treating our wounds with emotional first aid is far greater 3 Rejections whether they be emotional or physical hurt far more than most other negative emotions because they are so rare They are so painful because they are a reminder of how easily we can be ostracized from society 4 The same brain regions are activated when we experience rejection as when we experience physical pain Remarkably the two systems are so closely linked that when scientists gave people acetaminophen before putting them through the dastardly ball tossing rejection experiment they reported significantly less emotional pain than people who were not given a pain reliever **Emotional First Aid** Octavia Manuel-Wright, 2025-08-08 Emotional First Aid Healing from Stress Trauma and Emotional Pain By Octavia Manuel Wright DNP PMHNP BC AGNP BC We know how to treat cuts and broken bones but what about emotional wounds In Emotional First Aid Dr Octavia Manuel Wright a double board certified psychiatric and primary care nurse practitioner certified postpartum doula and trauma informed mental wellness educator offers a compassionate practical guide for identifying and healing the hidden injuries we carry Drawing from her personal story of surviving early trauma postpartum depression rejection grief and the pressures of high functioning anxiety Dr Wright brings both lived experience and clinical wisdom to every chapter This book gives readers the tools to Understand the impact of emotional injuries like rejection shame and unresolved grief Identify trauma responses and triggers Develop emotional regulation skills Break patterns of self neglect avoidance or overachievement Learn how to respond to emotional pain with presence not panic Foster healing through self awareness boundaries and support Whether you re a caregiver a

community leader or someone simply trying to stay afloat Emotional First Aid is a guidebook for tending to your heart the way you would any other part of yourself with attention patience and care Healing isn't about having all the answers It's about learning to listen respond and keep choosing yourself one breath one boundary and one brave moment at a time

**Emotional First Aid** Guy Winch, 2013 Most of us have no idea how to treat day to day emotional injuries such as failure rejection and loss But as Guy Winch points out these kinds of injuries often get worse when left untreated and can significantly impact our quality of life In this fascinating and highly practical book Dr Winch offers concrete easy to use exercises backed up by hard cutting edge science to aid in recovery He uses relatable anecdotes about real patients and often gives us a much needed dose of humour *Ultra-Brief Cognitive Behavioral Interventions* Len Sperry, Vassilia Binensztok, 2019-04-30 Ultra Brief Cognitive Behavioral Interventions showcases a new practice model to address both physical and psychological health issues in mental health and integrated care settings utilizing focused interventions in brief treatment formats This unique text offers a toolkit of effective interventions and methods including cognitive behavioral therapy CBT methods that can be used in a very brief time frame of 10 20 minutes that can be quickly and efficiently applied to ameliorate specific symptoms The 20 most common interventions in short term therapy practiced in mental health and integrated care settings are illustrated in session transcriptions of the full course of focused therapy with common presentations such as depression anxiety and acute distress pain sleep problems and weight problems This book prepares emerging and experienced counselors and therapists to provide short term therapy for their clients and equips them with the necessary skills to meet the challenges facing mental health care today and in the future [The Addiction Recovery Handbook](#) Richard W. Clark, 2020-09-28 What Richard Clark presents in *The Addiction Recovery Handbook* Understanding Addiction and Culture is long overdue Since 1939 Bill Wilson's important and influential books *Alcoholics Anonymous* and *AA's Twelve Steps and Twelve Traditions* have helped millions of people struggling with addiction to recover In more than 80 years since then a lot has changed the definition of addiction its demographics social attitudes to addiction politics religious influence treatment modalities and the epidemiology of the illness These have taken tolls on our modern network of relationships and treatment that culture and community now depend upon *The Addiction Recovery Handbook* examines the changing historical views of addiction outlines how this culture developed its contemporary perceptions and values and how society contributes to this growing problem Richard Clark proposes AA's traditional religious model of God's help and forgiveness can no longer address the needs of a diverse and largely irreligious society where atheism is becoming mainstream His updated analysis of the traditional AA approach proposes that self understanding and awareness through knowledge and education psychology and compassion be the significant components of any recovery framework This will guide both caregivers and addicts to develop expertise regarding more successful treatment and recovery protocols This would be in a supportive environment of self knowledge and mutual respect whether theist or atheist All concerned will

acquire the ability to live a spiritual life which is clearly defined The Addiction Recovery Handbook is an interesting and readable book and is intended for everyone addicts medical professionals counsellors therapists clients sponsors social workers family members partners friends employers every stakeholder in a healthy non judgmental society that cares about the wellbeing of all its members Expert Field Medical Badge Study Guide ,1986 Understanding Psychology in the Context of Relationship, Community, Workplace and Culture Surendra Kumar Sia,Lauren S. Crane,Ajay K. Jain,Shabana Bano,2022-08-22 This book explores the significant deliverables of psychology to society in five sections identity and relationship psychology for gainful employment psychology customized to the community culturally embedded psychology and alternatives for maximizing psychology The authors social scientists of diverse nationalities represent novel psychological methods tools and procedures that can have immense social utility in strengthening the relationship and rejuvenating the community The first section offers an in depth perspective on the dynamics between identity and relationship The second section encompasses psychology s contribution in addressing community based issues like farmer suicide cyberbullying smartphone overuse substance abuse and collective environmental behaviour The authors in the third section have deliberated upon the behavioural issues pertinent for gainful employment The fourth section delineates the influence of culture on specific psychological processes The last section touches upon means beyond conventional strategies techniques and approaches that may augment psychology s deliverability The chapters in this book are based upon evidence based scholarships from seven different countries As such it represents an invaluable resource for research scholars and academicians in psychology human resource managers and mental health practitioners *Field Manual* United States. Department of the Army,1959 *Feelings Forecasters* Maria Mercè Conangla,Jaume Soler,2023-06-22 Emotional ecology is the art of sustainably managing our emotional world so that our affective energy serves us to grow as individuals enhance the quality of our personal relationships and improve the world we live in Emotional ecology offers a new creative and revolutionary approach in emotional education that simultaneously addresses emotional and environmental educational aspects aiming to shape a new model of person the emotionally ecological person In this volume we will discuss emotional meteorology We will learn that the emotional climate is the result of the emotions we each emit These emotions can combine interfere accumulate or quickly spread and they can improve or worsen the emotional climate of our ecosystem be it familial educational or social Are you interested in learning strategies to prevent emotional pollution avoid tsunamis and protect yourselves from emotional acid rain **Oxford Textbook of Social Psychiatry** Dinesh Bhugra,Driss Moussaoui,Tom J. Craig,2022 This is the definitive reference on social psychiatry for every mental health clinician providing global coverage on this expanding area of psychiatry EMOTIONAL FIRST AID SCHOOL OF LIFE.,2023 **Emotional First Aid** Zhi Mu (author),1901 **Emergency Preparedness Handbook for Missionaries** Barry G. Crockett,Lynette B. Crockett,1991-08 **Suicide** T. Mitchel Anthony,1991 *Emotional Wound First Aid Kit* John Schurmann,2016-04-07 FIRST AID KIT FOR

EMOTIONAL INJURIES WOUNDS OR PAINS Life is full of emotional struggles some small some big And while you may be coping fairly well it s easy to suppress feelings hold anger or resentment in the wake of rejection hurt injustice or abuse and open sores can have a really tight grip on your life In Emotional Wound First Aid Kit John Schurmann offers specific step by step treatments that are fast simple and effective He defines the cause of emotional pain wounds or injuries and what you can do to repair heal and maintain optimal health Using real life examples of transformed lives and drawing on 30 years of professional experience Schurmann explains how to Assess the severity of an emotional pain Care for and nurse your emotional sores Let go of the injustice resentment hurt Protect and strengthen your emotions Deepen and enrich your relationships and feel closer to your loved ones Forgive the person who hurt you Love trust and forgive yourself Overcome negative self talk Communicate with assertiveness Become a positive and happy person Restore damaged relationships Set healthy boundaries Become your best friend Love and enrich your relationship with God Furthermore the kit provides the central self care skills to help you develop a healthy vibrant and resilient mind heart and spirit Moreover it can be used to develop your own self help program or as an adjunct to therapy How Are You Managing Your Emotional Wounds Let s find out If more than one of these statements apply to you there is reason to suspect that an emotional injury wound or pain is present in your life I often suppress my feelings I choose to keep hurtful events a secret I hold anger or resentment I have trouble trusting people I struggle to forgive people I have trouble sharing my feelings I feel guilt and or shame I struggle to let go of betrayal loss or hurt I self medicate with alcohol drugs sex or work I still grieve the loss after so many year Most people don t know how to nurse their emotional wounds or develop optimal emotional health Wounds that don t heal can contaminate every aspect of your life Open wounds affect how you view the world how you relate to others and how you conduct your life in general Because the FIRST AID KIT FOR EMOTIONS has been nonexistent most people don t know how to nurse their emotional wounds Untreated emotional wounds can cause physical mental emotional and spiritual problems They can set off mental health disorders such as depression anxiety or addiction They can wipe out relationships add to job failures obscure life s purpose or direction and ultimately destroy life This workbook is full of stories of transformation People who felt stuck alone in despair finding the courage to face their emotional wounds taking the risk to open up to their feelings changing in ways they never imagined possible THE SAME CAN HAPPEN FOR YOU If you are looking to restore and enhance your emotional intellectual and spiritual health this workbook will be an invaluable resource

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web oct 10 2020 by the city s quadrangular houses in log huts camping with lumber men along the ruts of the turnpike along the dry gulch and rivulet bed weeding my onion patch or hosing rows of carrots and parsnips crossing savannas trailing in forests prospecting gold digging girdling the trees of a new purchase scorch d ankle deep

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web leaves of grass largely self taught walt whitman read voraciously becoming acquainted with the works of homer dante shakespeare and the bible he worked as a printer in new york city until a devastating fire in the printing district demolished the industry

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