



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



I WILL NEVER CONFRONT HER.

- 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



I DON'T THINK I DESERVE THIS.

EVERYTHING ABOUT ME IS SO WRONG.

I AM WEAK AND A LOSER AND STUPID.

- 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



I NEED ALCOHOL.

LET ME ROG LIKE A PIG.

I KEEP FEELING ANGRY ALL THE TIME.

I AM DEEPLY HURT, VERY VERY DEEPLY.

- First Aid Tip:** 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



WHY ME?

THIS CAN'T BE TRUE, I FEEL TRAPPED.

I DON'T WANT TO MEET ANYBODY.

- 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



MY HEAD FEELS ALL MESSED UP.

I FEEL DISCONNECTED AND MISERABLE.

NOBODY CARES FOR ME AT ALL.

- 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

R Sandford



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Table of Contents Emotional First Aid

1. Understanding the eBook Emotional First Aid
 - The Rise of Digital Reading Emotional First Aid
 - Advantages of eBooks Over Traditional Books
2. Identifying Emotional First Aid
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Emotional First Aid
 - User-Friendly Interface
4. Exploring eBook Recommendations from Emotional First Aid
 - Personalized Recommendations
 - Emotional First Aid User Reviews and Ratings

- Emotional First Aid and Bestseller Lists
- 5. Accessing Emotional First Aid Free and Paid eBooks
 - Emotional First Aid Public Domain eBooks
 - Emotional First Aid eBook Subscription Services
 - Emotional First Aid Budget-Friendly Options
- 6. Navigating Emotional First Aid eBook Formats
 - ePub, PDF, MOBI, and More
 - Emotional First Aid Compatibility with Devices
 - Emotional First Aid Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Emotional First Aid
 - Highlighting and Note-Taking Emotional First Aid
 - Interactive Elements Emotional First Aid
- 8. Staying Engaged with Emotional First Aid
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Emotional First Aid
- 9. Balancing eBooks and Physical Books Emotional First Aid
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Emotional First Aid
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Emotional First Aid
 - Setting Reading Goals Emotional First Aid
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Emotional First Aid
 - Fact-Checking eBook Content of Emotional First Aid
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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