

## **10 basic and simple rules for providing mental first aid:**

1. First of all, approach the person who looks shocked, frozen and staring, then the person who is shouting
2. Get down to eye level - if he/she is sitting, sit next to him/her
3. Speak in a calm and quiet voice
4. We introduce ourselves and ask for his/her name
5. Not encouraging or trying to stop an emotional response
6. Ask short informative questions
7. Stay by his/her side until he/she feels better or more help arrives, don't leave him/her alone!
8. If possible, ask him/her to do some simple actions - count people, organize bags, hug his/her child, etc.
9. Emphasize that the event is over, create a sequence of events - "There was an earthquake, you fell, now you have been rescued, everything is quiet and safe, soon you will be taken for examination and there your wound will be treated" etc.
10. A parent is left with a child as much as possible; the parental role allows him/her to continue functioning!

### **Tips for immediate relaxation in the event of an anxiety attack:**

Breathing - take a breath slowly and not deeply (like smelling a flower), hold a little and let it out slowly with a long breath (like blowing out candles)

Fists - clench your fists as hard as possible, count to 10 and release - 10 times

Counting - describe 10 different objects in the room or space, with as many details as possible

Saliva - offer a person with the anxiety attack gum or peppermint candy. Secretion of saliva reduces stress!

Reciprocating focus - you look at a near object, then look at a distant object and return to the near one, until you feel better.

Butterfly - cross your hands on your chest and alternately drum each time on a different shoulder. You can also drum on the sides of your knees.



**Tips for calming distressed children:**

1. Leave the child as much as possible with the parent
2. Allow them to draw. You can draw a scary picture and then scribble on it from side to side until you cannot see it
3. Drum the child on his/her knees on and off (alternately)
4. Imagine together what will be tomorrow, even if it is very simple, for example imagine breakfast, and describe what its colors and taste are.
5. The breath train - "drive" an adult's finger over the child's fingers. Have an ascent towards the tip of the finger to take a breath and then exhale together on the descent.

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(Based on the principals of the models of Prof. Moshe Farhi, Prof. Molly Lahad, Dr. Esti Bar Sade and personal experience working with emergency teams after disasters and security incidents)