



Psychological First Aid: PFA for Ourselves

For the past 80 years, LAUSD SMH has been a national leader in the delivery of mental health services in schools. You are an essential member of our team and an integral part of the District educational team. Your personal wellbeing is essential to meet the needs of your loved ones and perform at our best as leaders in the field. Your relentless dedication to our students and passion to serve require that we prioritize our very own self care. This is always a daily challenge. I hope you reflect and remember the following:

LISTEN



As you bear witness to our student's stories of trauma, pain, and other challenges; I wish for you to listen to your body, mind and spirit. Be aware of how being of service may impact you holistically.

Find the time to recharge and renew. Find those activities that bring you passion, love, relaxation and joy; walking, connecting with family and friends, creating in the kitchen, the earth or the art studio,

loving your special ones. Implement an activity daily and purposely.

Listen deeply to your needs, and act on them; seek your personal stress antidotes. You may consider disconnecting from media or stressful situations in order to protect yourself and take a sense holiday; allowing mind, body and spirit to rest.

PROTECT



Utilize defusing techniques to create an environment that buffers your sense of calm and wellbeing. Toxic stress is epidemic in the communities in which we work, and our students' and families' pains become part of our own.

Protecting yourself is about getting good enough sleep, eating well, exercising your body and mind, and also leaning on trusted friends, relatives, and support systems.

CONNECT



Maintain regular, supportive contact within your personal circle of family or friends. Maintaining a sense of belonging sometimes requires that we make the telephone call, create the personal moment, or reach out ourselves, rather than waiting for others to do so. Frequently in our work we learn how precious life is; there is a cost to caring if we isolate ourselves without fortifying our personal sources of strength.

Connect with your inner aspiration or drive; find the opportunity to replenish your own resources.

Sometimes our inner source is depleted. We give at work, at home, and with friends and family, and there may be little left for us.

Find gratitude, and connect with wonder. This is a powerful antidote to isolation. Particularly at this time of year but available to us in each moment, appreciating the miracle that is life allows us to find that gratitude, even in the midst of suffering.

MODEL



You are an essential member of our team and an integral part of the District educational team. Your personal wellbeing is essential to meet the needs of your loved ones and perform at our best as leaders in the field.

TEACH



We teach by example. As we ask our students and families to practice self care, we must begin with ourselves.