

# Introduction to Psychological First Aid



**COLORADO**

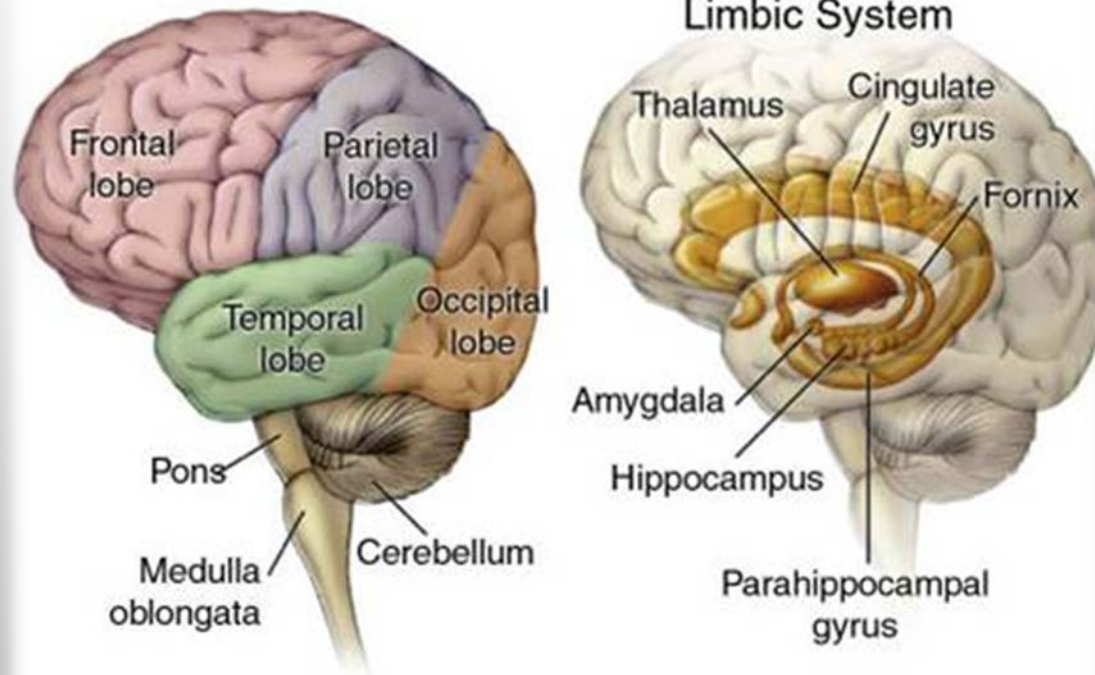
Office of Emergency  
Preparedness & Response

Department of Public Health & Environment

# The Stress Response

Stress = FEAR

## Anatomy of the Brain





**FRIEND**

A pair of red boxing gloves is shown against a dark green background. The gloves are positioned horizontally, with the word "FIGHT" written in white, bold, capital letters across the center of the image. The gloves have black wristbands and are made of a shiny, leather-like material. The lighting highlights the texture and contours of the gloves.

**FIGHT**



**FLIGHT**



FREEZE



Each of these responses has a survival function



# Purpose of Disaster Behavioral Health

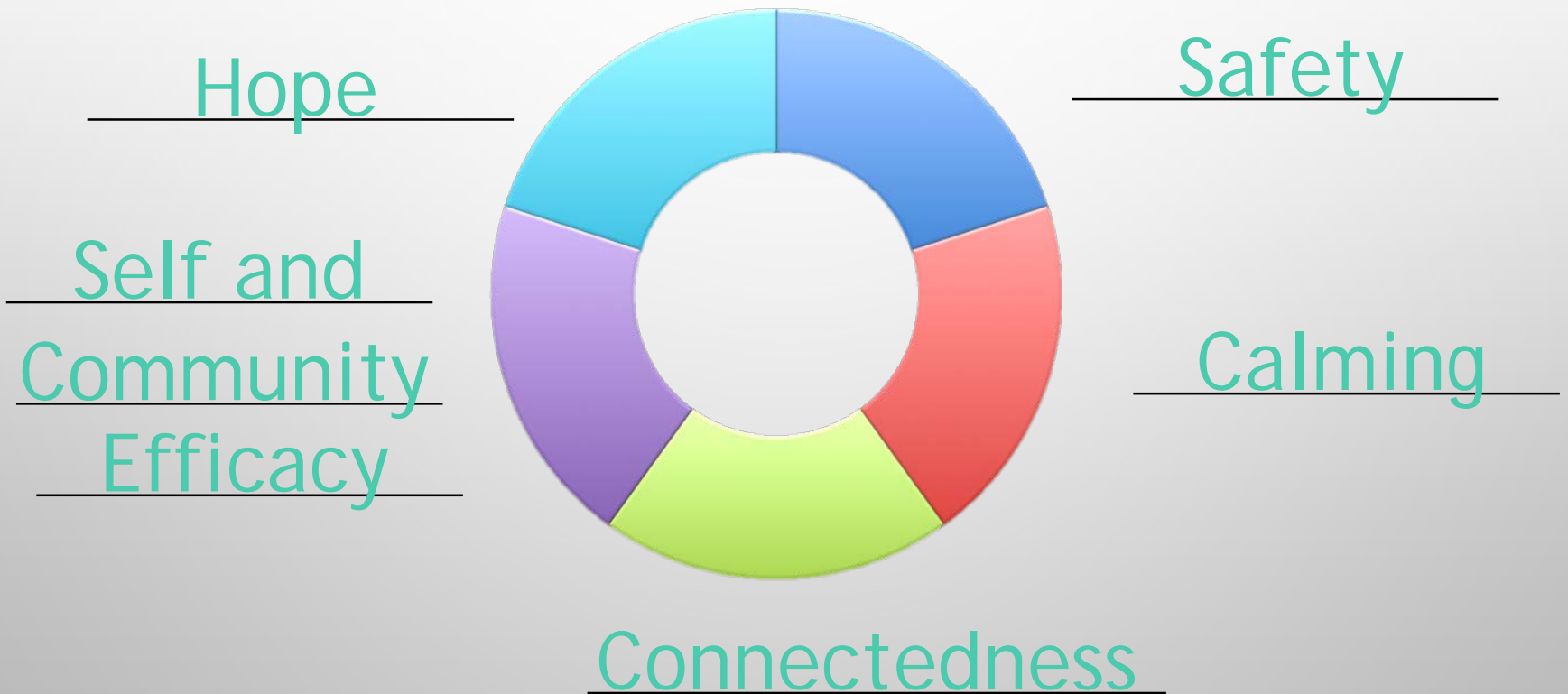
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Increase Adaptive Functioning

 Functioning by  Stress



# Five Psychological First Aid Principles





# Psychological First Aid

Remember: NAP



# Resources & Links

- REED FLOAREA - [REED.FLOAREA@STATE.CO.US](mailto:REED.FLOAREA@STATE.CO.US)
- [DR. DANIEL SIEGEL'S HAND MODEL OF THE BRAIN](#)
- KELLY MCGONIGAL'S TED TALK "[HOW TO MAKE STRESS YOUR FRIEND](#)"
- ROCK & SIEGEL "[HEALTHY MIND PLATTER](#)"
- CDPHE'S [SELF CARE TEMPLATE](#)