

# First Aid For Your Emotions

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# Mental Health vs Physical Health

## Which is more important?

- How much do we value our body over our mind?
- What do you know about maintaining your psychological or mental health?
- Why do we put more importance in our physical over our psychological health?

WORLDWIDE REACH. HUMAN TOUCH.



# How mental health affects physical health

## BRAIN



- Headache
- Memory & concentration issues
- Dizziness or feeling foggy
- Trouble sleeping or sleeping too much



## HEART

- Chest pains
- Trouble breathing

## STOMACH

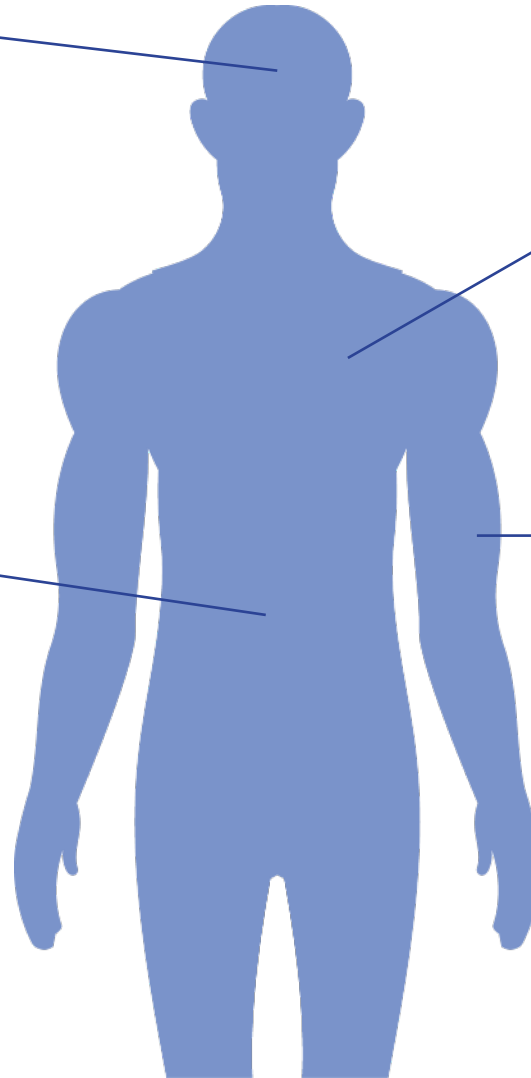


- Digestive troubles
- Queasiness or Nauseousness
- Diarrhea or Constipation
- Change in appetite



## MUSCLE

- Joint pain
- Muscle aches



# How do we start taking care of Mental Health

## By having emotional hygiene

1. Pay Attention to Emotional pain
2. Stop Emotional Bleeding
3. Protect Your Self – Esteem
4. Battle Negative Thinking
5. Become Aware of the Impact of Psychological Wounds



# 1. Paying Attention to Emotional Pain

- How does your mind react to failure?
- Understand your emotions:
  1. Think about it
  2. Write about it
  3. Verbalize it
- Accept your emotions
- Reason with your emotions



# 1. Paying Attention to Emotional Pain continued...

- What am I feeling right now?
- What happened to make me feel this way?
- Does the situation have a different explanation that might make sense?
- What do I want to do about these feelings?
- Is there a better way of coping with them?



## 2. Stop Emotional Bleeding

- Pay attention to how you talk to yourself
- Don't allow yourself to be convinced you cannot succeed
- Feelings are fleeting and they come and go
- Have an alternative thought



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### 3. Protect Your Self-Esteem

- People with low self esteem are more vulnerable to psychological injuries.
- Practice self compassion exercise
  1. Being kind and understanding to yourself and not judgmental
  2. Treat yourself as how you would treat a friend
  3. Having awareness without being overwhelmed





## 4. Battle Negative Thinking

- Avoid ruminating
- How do we break the cycle of ruminating?
  - ❑ Distract yourself



## 5. Become Aware of Psychological Wounds

- Give yourself time to heal
- When you are suffering, your response or feelings are heightened
- If you notice you are being triggered easily, you likely have unattended emotional wounds



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# OUR MENTAL HEALTH IS JUST AS IMPORTANT AS OUR PHYSICAL HEALTH

# Thank You!



## Play Our Mental Health “Spot The Risk”

Email us at  
[marketing.msia@internationalsos.com](mailto:marketing.msia@internationalsos.com)  
to find out how we can help you set up a  
Mental Health and Wellbeing programme!

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