

# High Risk Situations: Utilising Mental Resources

Focusing your attention on the mission at hand



## Intrusive thoughts and emotions

Takes away from a person's ability to focus and remain lucid.



1

Environmental awareness



2

Safety / security protocols



3

Professional strategy



4

Goals



# High Risk Situations: Before, During and After

## Risk situations: Before the mission

- ▶ Assess your stress levels, emotional state, and resources.
- ▶ Define your objective: What am I looking for? What information do I need to gather?
- ▶ Define your editorial strategy: What do I want to come back with? What angle? Where do I position myself physically? What is the worst case scenario? And what is my response?
- ▶ Have a routine with set tasks to focus on one at a time. Focus on the material preparation, security rules etc.

## During the mission

- ▶ Monitor your stress levels and work to regulate them.
- ▶ Stay focused on your objective.
- ▶ Apply your editorial strategy and safety strategy.
- ▶ Try to limit your exposure time.
- ▶ Adopt, as best you can, a big-picture view of the situation instead of focussing on details (especially in situations of human distress or death).
- ▶ Allow yourself to leave, even if you haven't collected what you need, especially if you feel exhausted.

## After leaving the mission

- ▶ Monitor your stress levels and work to regulate them.
- ▶ If you need to work (article writing, editing), be sure take a rest before starting.
- ▶ Ensure you are in a safe place.
- ▶ Reach out to family, friends, colleagues etc for social support.
- ▶ Be alert to psychological reactions, and how to manage them. If you feel psychologically unwell do not hesitate to ask for help.
- ▶ Pay attention to the wellbeing of others, and provide psychological first-aid if needed.

**Don't forget**



**Drink water**



**Eat regularly**



**Sleep when you can**