High Risk Situations: Utilising Mental Resources

Focusing your attention on the mission at hand

1. Environmental awareness
2. Safety / security protocols
3. Professional strategy
4. Goals

Intrusive thoughts and emotions
Takes away from a person’s ability to focus and remain lucid.
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.

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**Don’t forget**
- Drink water
- Eat regularly
- Sleep when you can