



Emotional First Aid



How to mend a broken
heart

Andrea Seydel





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SYKM is a product of the lessons I learned from loving someone with addiction and my professional education in psychology, resilience, and post-graduate studies in the Science of Human Flourishing.

I built The SYKM COMMUNITY, PLATFORM and PROGRAM with one mission. I don't want you to feel like you are drowning anymore like YOU have the problem. I don't want you to feel isolated anymore. I want you to fast-track your healing, reclaim your happiness, and get YOU back.





Let The Sunshine In

This photo is of me scrapping black spray paint off my garage windows.

Symbolic to me of letting the sunshine in and letting go of the darkness! I want this for you as well!

I am here for you in this process!





We all sustain Wounds:

Typically we bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked —it's nonexistent at times.

When you love someone with addiction, the stress alone feels unbearable at times, along with feelings of rejection, guilt, worry, anger, failure, and Other Hurts THAT NEED OUR ATTENTION. ASAP



Emotional First Aid Webinar Will:

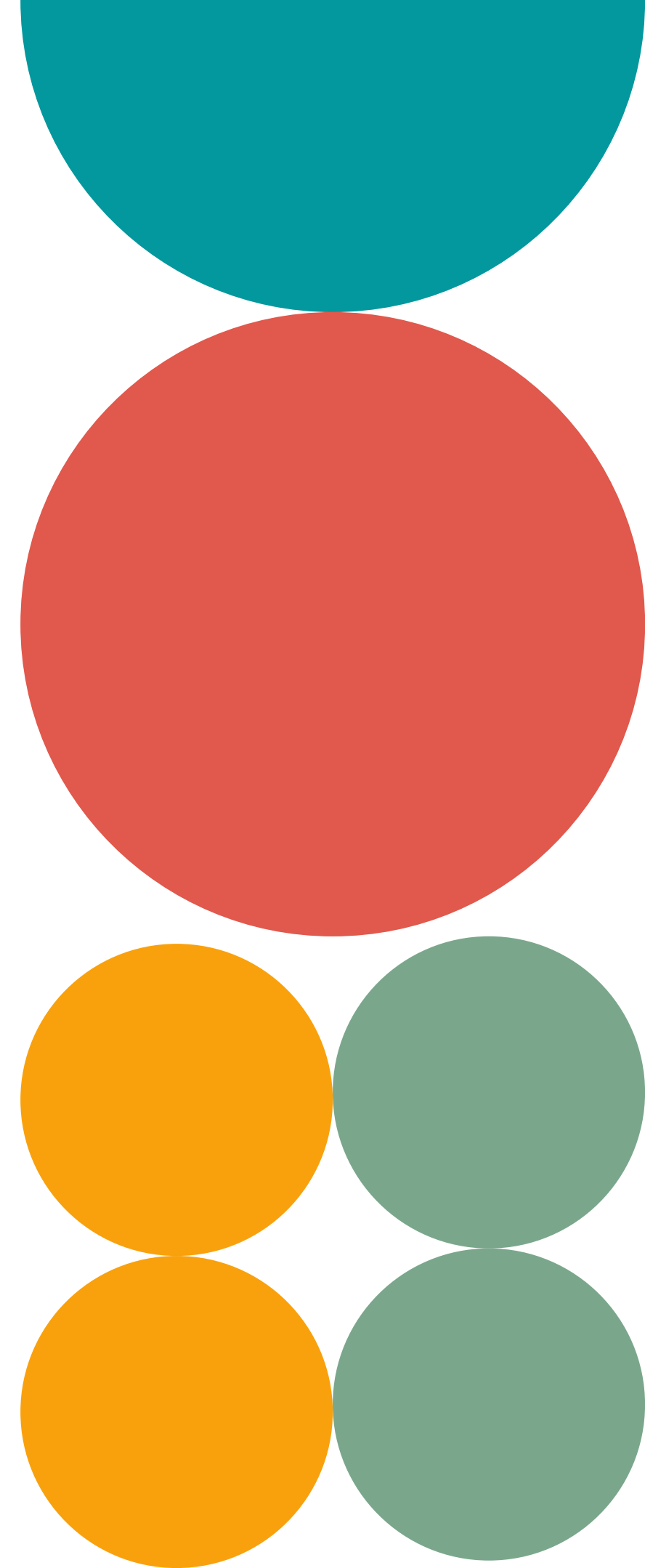
- Help you safely move through these uncomfortable emotions.
- Offer practical strategies to make sure emotions don't become deep wounds
- Offer hope when you feel grief-stricken or broken
- Teach you The Comfort Antidote
- Help you tap into your courage so you can take good care of YOU



Have you heard the three
C's of addiction?

You Didn't Cause It
You Can't Control it
You Can't Cure It

The Three C's of addiction recovery
will help you support someone
working towards recovery.





TIME FOR A NEW PERSPECTIVE

Instead of focusing on what we CAN'T do, or CAN'T control or DIDN'T cause...

In positive psychology, we focus on intentional behaviours that can positively impact our well-being by concentrating on what we CAN do!

So I invented a new model!

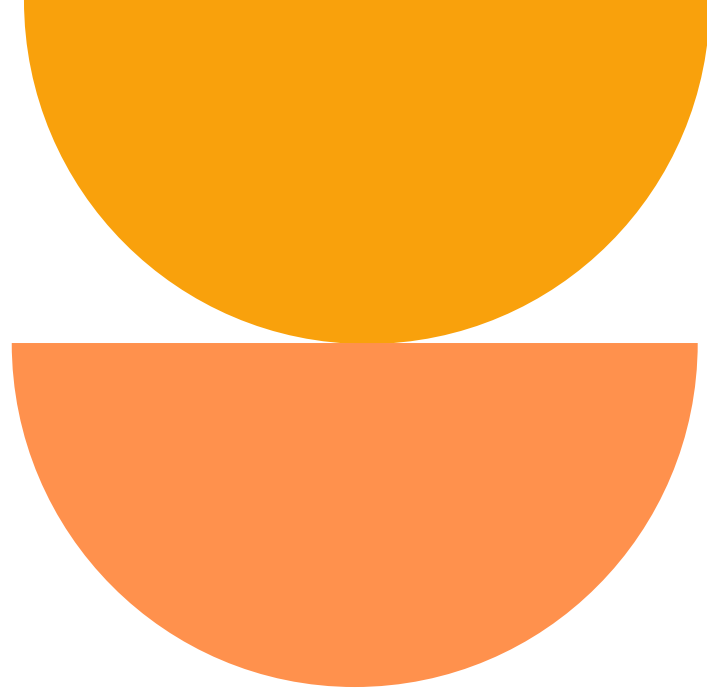


INTRODUCING The NEW Four C's

The SYKM Four C's of Loving Someone with an addiction will help you support yourself while someone you love deals with addiction.

The SYKM Four C's will help you take back your power, energize your life, and help you find the courage to focus on YOU and your well-deserved well-being!





Welcome to Your Emotional FIRST AID Tool-Kit

And Support to Help Mend a Broken Heart

Self-**COMPASSION**

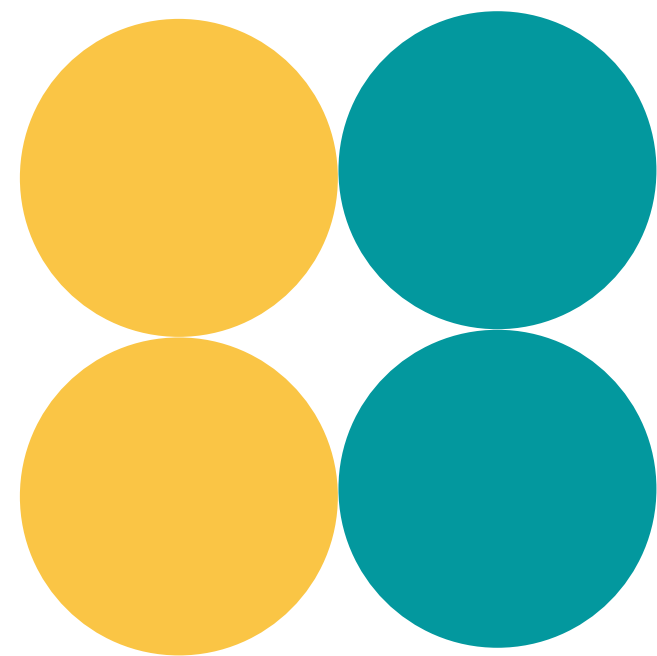
Self-**CARE**

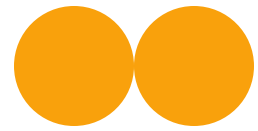
COURAGE

COMMUNITY



LOVING SOMEONE WITH AN ADDICTION





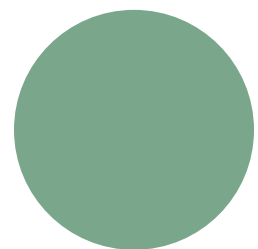
Self-COMPASSION

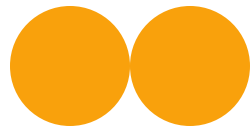
Self- Kindness

Inner Nurturer

Honour Emotions

Toxic Positivity





Self-COMPASSION

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

SelfKindness Vs. Self-Judgement

I see you, and I acknowledge the pain. I comfort you. You are safe. You are not alone.

Science has shown that Self-Compassion can lower anxiety, and stress and boost our resilience.

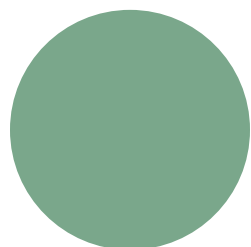
Let's Play a Game: Imagine you have a friend who loves someone with an addiction, and she's really struggling. What would you do and say to her? How would you support her?

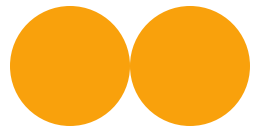
With self-compassion, we give ourselves the same kindness and care we'd give to a good friend. Now turn that same love onto yourself.

How can you become an inner nurturer towards yourself? Stop beating yourself up. Be mindful of your inner critic.

Honour your feeling and embrace them with love
TOXIC POSITIVITY—acting like everything is going ok. We tend to sweep emotions under rug. Eventually, it will stink.

What are you needing, feeling, and wanting?





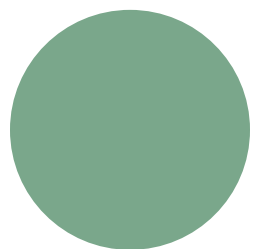
Self-CARE

The Comfort Antidote

Close the Stress Loop

Vitality- Sleep, Nutrition,

Breathe, Movement





Self-CARE

Self-care is not synonymous with self-indulgence or being selfish

The STRESS and intense emotions that come with loving someone with an addiction can sometimes seem unbearable.

Stress has adverse effects on well-being significantly when chronically activated.

We need to take care of ourselves. No one else will do it for us.

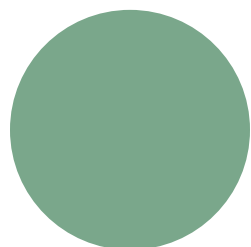
The Comfort Antidote– What brings you comfort? What makes you feel good, what pleases you, what makes you feel safe? How do you down-regulate your nervous system
Make a list

It's UP to US to bring ourselves safety, comfort, and security.

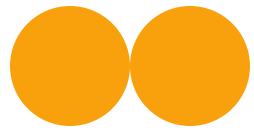
Close the Stress Loop– Sweep under the carpet. It's going to stink. We have to move emotions. We were taught to suppress emotions.

Rage Rave– Temper Tantrum–Get it out
RUN– walk move dance release.

Vitality– Sleep, Nutrition, Breathe, Movement



LOVING SOMEONE WITH AN ADDICTION



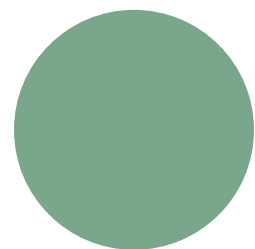
Courage

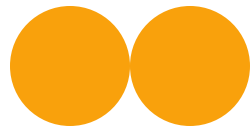
Strength Switch

Resilience

Bounce Back Factor

Self-Advocacy & Hope





Courage

Strength Switch

Resilience

Bounce Back Factor

Self-Advocacy & Hope

Resilience– The ability to bounce back from adversity.
Like Bouncy balls bounce down and rebound off the floor.

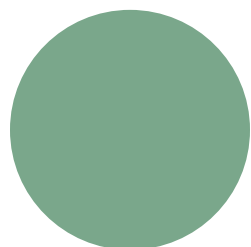
When we break a bone, our bodies are remarkable, and we develop extra calcium to make us stronger. In psychology, it is called the Bounce Back Factor.

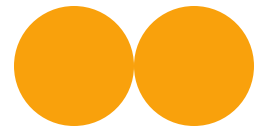
Psychologists define resilience as adapting well to adversity, trauma, tragedy, threats, or significant sources of stress.

YOU HAVE STRENGTH– Let's PLAY A GAME. Think about a challenging time when you were proud of yourself and the outcome. What did you do? How are you proud. Take notice of how you stood in your power and tapped into your strength! Now how can you use this strength in any current challenge?

I know you may not feel it now, but keep going and utilize your resources.
Tap into your strengths, and build your resilience.

YOU MUST FIND THE COURAGE TO ADVOCATE FOR YOURSELF (There's a reason [Saving Me](#) stands out most on the cover of my book)





Community

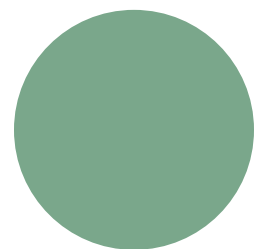
Common Humanity

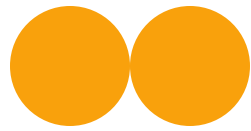
You're Not Alone

Reach Out

Permission to be

Human





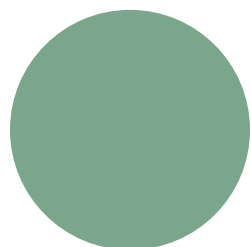
Community

Common Humanity
You're Not Alone
Reach Out
Permission to be Human

Reach out: Make sure you reach out to friends, family members, support groups, coaches, therapists, and doctors to know you are not alone.

Give yourself permission to be human: Permission to be human means knowing that everyone has challenges, struggles, and needs support at times. It means you know you are not alone in this challenge.

Join Community: Find people, your tribe of individuals, that know how you feel. Join the SYKM community if you have not already.





Your Emotional FIRST AID Tool–Kit

The SYKM Four C's

Self–**COMPASSION**

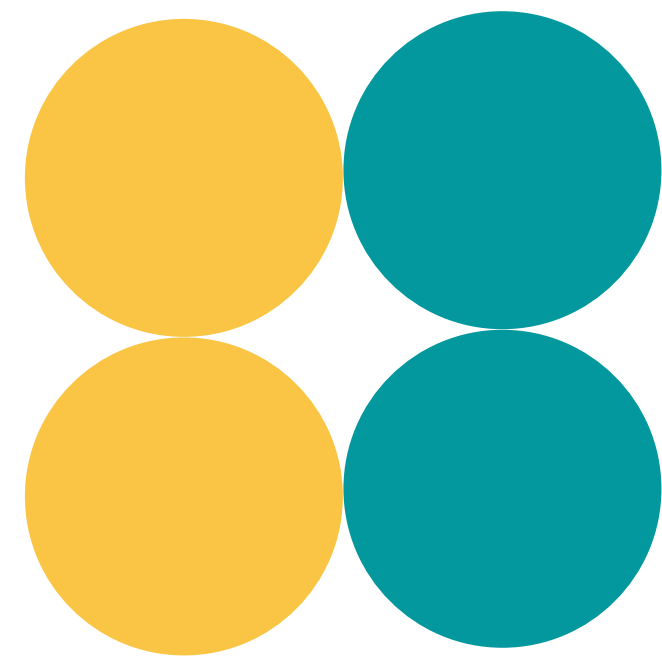
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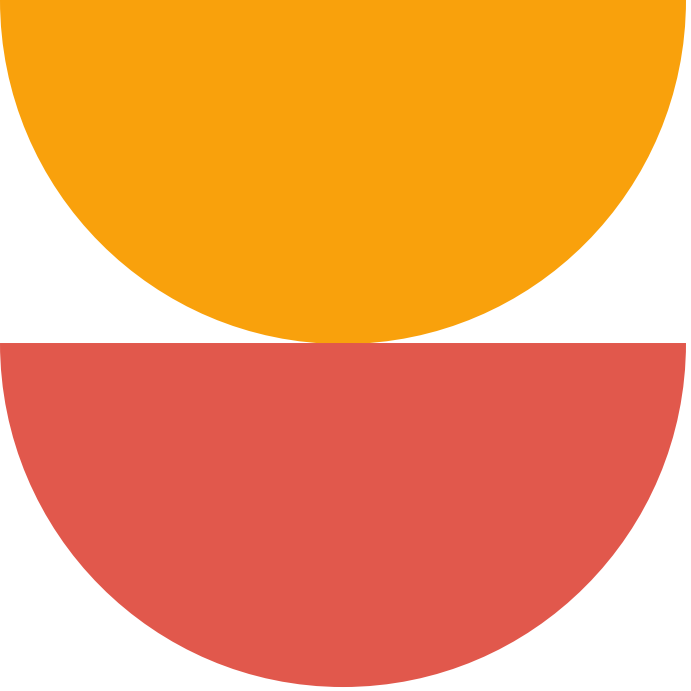
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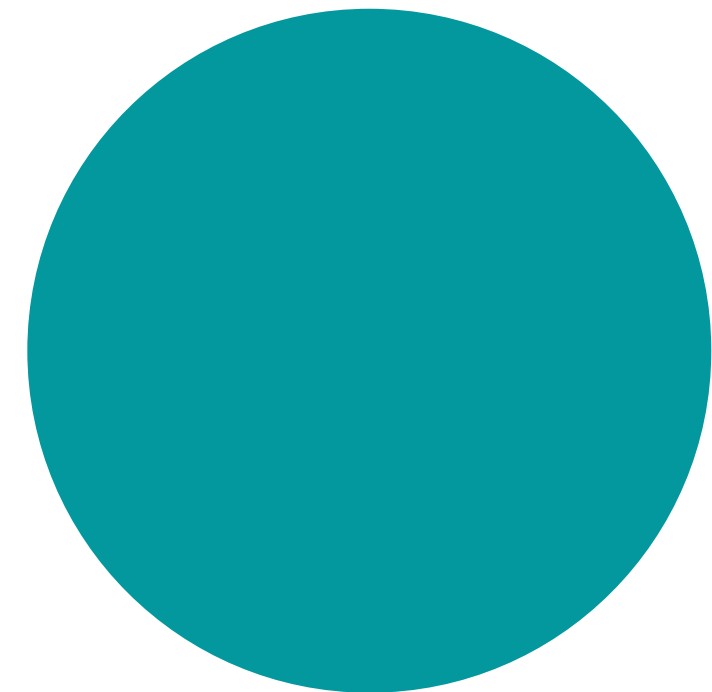


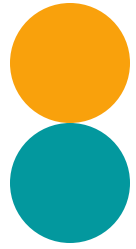


CHECKING IN

Which of The SYKM Four C's resonates most with you right now, and why?

How will using the SYKM Four C's help you?





**We get knocked down, but we get back up again!
Emotional Hurts need First Aid just like a cut or sprain!**



If you want additional support
Join our community in some capacity

Podcast
Meet-ups
Membership
Private Facebook Group

Let's let the sunshine shine in.
I am reaching into the muck, down into the quicksand
and I am pulling you up!! I am here for you.

Become a Member



Member Advantage

SYKM Community

Group Well-Being Huddles

24/7 Private Support Group

Meet-Ups

Group Coaching

Limited Time Included In Membership

SYKM Signature Course

8 Module Self-Paced Video Course and Kit

Exercises and Suggested reading

Where you learn all the resilience skills to take back your life

Mini-courses & all Past Recording

Live Life Happy Cafe

Book Club & Book Summaries

Workshops and Webinar

SYKM Wellness Yoga/Meditation

Member Outcome



SYKM Signature Course
Community
Live Life Happy Cafe

Limited time only the entire SYKM resilience course is included in the membership

Energized my life Feel Happy Again

In control of my life and my happiness

Sisterhood of support

Feel Loved

Feel Empowered

Gained Confidence

Hopeful for my life and my goals

Armed with Shield of Protection

Got my life back

Connection & Friends

Feel like me again

Safety

Join our Community Today So you can get YOU back!

—
Podcast | Book | Private Facebook Group | Resilience Course | Platform
savingyouiskillingme.com

