

First Aid for Stress and Trauma (F.A.S.T.)



Safe - Simple - Effective

What is F.A.S.T.

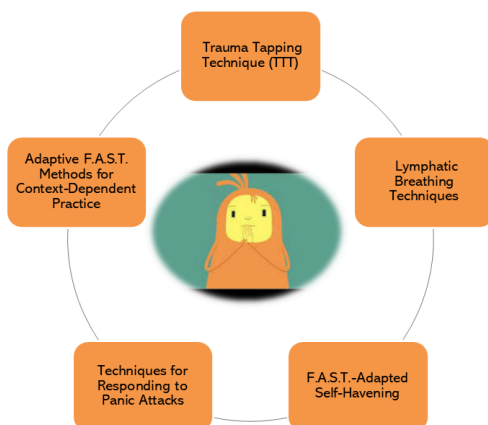
First Aid for Stress and Trauma: A practical, trauma-informed toolbox for immediate response in crisis settings

- No need to talk about the trauma
- No retraumatisation
- Safe, quick, and teachable



Why it Works

- It's evidence-based and informed by a commitment to best practice
- It's based on homeostatic reparation (calming survival responses in the body)
- It aligns with global mental health guidelines for scalable response to crisis contexts
- It respects cultural contexts and adapts to local ways of healing

Core Tools



- (1) Trauma Tapping Technique (TTT)
- (2) Lymphatic Breathing Techniques
- (3) F.A.S.T.-Adapted Self-Havening
- (4) Facilitated Techniques for Responding to Panic Attacks
- (5) A Toolbox of Adaptive Methods for Context-Dependent practice

 Guiding Principles	 What We Avoid
<ul style="list-style-type: none">• No suffering• Empowerment• Cultural safety• Integrates with medical care• Equity and accessibility	<ul style="list-style-type: none">• Asking people to re-live trauma• Talk therapy in unsafe settings• Affirmations or scripted phrases• Cognitive overload for distressed people• Arriving as experts

“You don’t need to talk to heal. You don’t need credentials to care. You just need safe tools – and someone to pass them on” www.peacefulheart.se