

Resource channels that help you



Basic Ph model is based on the recognition of an individual's ability to cope with crises and maintain mental health in difficult situations. This model contains six resource channels, each of which corresponds to a letter in the name of the model.

Belief: belief system, moral values and philosophy of life.

This resource channel is based on faith - in God, people, miracles, yourself, mission, signs, talismans or horoscopes. Faith implies the need for self-realization and self-expression. Beliefs can be religious, political or other.

prayers, master classes on making amulets, human rights education

Affect (influence, emotion): our feelings.

The emotional channel is emotions (crying, laughing, anger or fear), as well as talking about experiences. This channel is about identifying and realizing feelings. You can express emotions in words (for example, in stories or letters) or through creativity - dance, music. You can also write down your own feelings in a diary or draw them.

creative courses, dancing, literary meetings, exhibitions, concerts, stand-up

Social support: connections with family, friends and community.

This resource is about the need to communicate and be close to people. This usually refers to support from family, friends or like-minded people. It is also about psychological and volunteer assistance. It is important to feel social belonging - to be among people, to be aware of one's own significance and usefulness. It helps to get confirmation that you are important and can influence the environment.

volunteering, participation, clean-ups, collecting signatures for petitions, meetings, board games, support circles

Imagination: creativity, imagination play, intuition.

Thanks to imagination, you can dream, improvise, imagine the future and find solace in play and fantasy. It can be needlework, pottery and other hobbies. Imagination helps to distract yourself, treat the situation with humour and find creative solutions.

needlework, pottery, artistic creativity, book discussion club, art

Cognition: knowledge, logic, reality, thoughts, planning.

This channel helps to think logically, assess the situation, learn, collect and analyse information. This channel involves analytical work, drawing up lists and plans.

trainings, debate tournaments, project development, language courses, gratitude diary

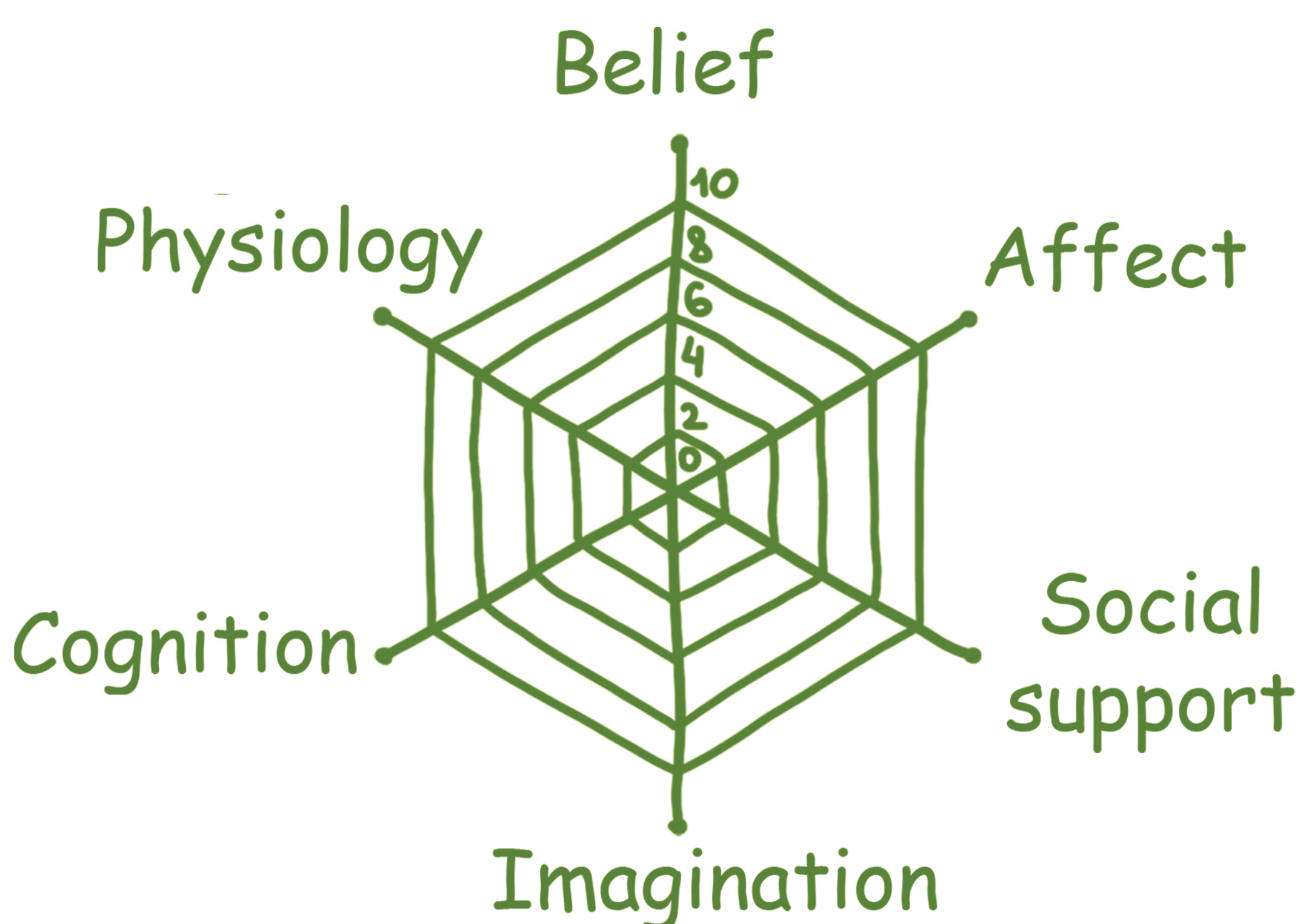
Physiology: physical activity and body functions.

This channel is about the capabilities of our body: sensations through hearing, sight, touch, taste, as well as sensations of warmth, cold, pain, pleasure. It also involves a variety of physical activities (exercises, walks, hikes), bodily practices (relaxation techniques, breathing exercises) and eating food.

tennis, yoga, dancing, hiking, trying new dishes

Evaluate the work of this organisation. On a scale of 1 to 10, where 10 is the highest score.

To what extent do you think this organisation creates **opportunities** to use these resource channels?



You can find psychological support in our community here: