Humanitarian Outreach Video Series

Created by a joint effort of the ACEP Humanitarian Committee and Gunilla Hamne and Ulf Sandström of the Peaceful Heart Network

1. **How to Build a Workshop** - An approach to practical humanitarian outreach
   View the video [https://youtu.be/d4LEMsEJxvg](https://youtu.be/d4LEMsEJxvg)

2. **Symptoms of Stress** - Learn to recognize how stress and trauma can be expressed
   View the video [https://youtu.be/yp43Sb-mFuU](https://youtu.be/yp43Sb-mFuU)

3. **Empowerment** - One of the most important aspects of humanitarian outreach
   View the video [https://youtu.be/ZCtoGCh716A](https://youtu.be/ZCtoGCh716A)

4. **Your Part in the Puzzle** - You already have everything necessary for humanitarian outreach
   View the video [https://youtu.be/MYH2su7ZZpM](https://youtu.be/MYH2su7ZZpM)

5. **Self-Care** - Make sure you know the basics of daily emotional self-care before helping others

6. **Scaling** - Make every person a part of spreading relief
   View the video [https://youtu.be/BGA_Oo6XfZc](https://youtu.be/BGA_Oo6XfZc)

7. **Self-Medication** - When the system is helped into balance, the need to self-medicate can disappear
   View the video [https://youtu.be/-7eFrkhFW4g](https://youtu.be/-7eFrkhFW4g)

8. **Manifesto** - Guidelines in practice and attitude for humanitarian outreach
   View the video [https://youtu.be/Ld_2qiwTFM0](https://youtu.be/Ld_2qiwTFM0)