



Humanitarian Outreach Video Series

Created by a joint effort of the ACEP Humanitarian Committee and
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1. **How to Build a Workshop** - An approach to practical humanitarian outreach
View the video <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>
3. **Empowerment** - One of the most important aspects of humanitarian outreach
View the video <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>
5. **Self-Care** - Make sure you know the basics of daily emotional self-care before helping others
View the video <https://youtu.be/RPUwsZ4I3Dc>
6. **Scaling** - Make every person a part of spreading relief
View the video 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>
8. **Manifesto** - Guidelines in practice and attitude for humanitarian outreach
View the video https://youtu.be/Ld_2qjwTFM0