

Mental, Emotional, and Social Health (MESH)

Tips for De-escalating MESH Situations

De-escalating activities that can be utilized by those involved in a MESH situation include:

Facial Expressions

- Slight Smile.
- Maintain eye contact.
- Relaxed eyes.

Hand Gestures

- Hands should be at your side or on your lap. Sometimes you want to place your hands on others for comfort, be sure to have permission before touching someone.

Body Gestures

- Arms uncrossed and at your side.
- If the scout is seated, you should sit. If they are standing, you should stand.
- Subtle, soft head nods to communicate you are listening.
- Be mindful of personal space but allow for close proximity.

How to speak with a scout

- Ask "Do you need help?"
- Speak in a calm, caring tone.
- Use the Scout's preferred name, pay attention to preferred pronouns.
- Be sure to be a good listener.
- Reflect and summarize, restate what the scout said to you.

Calm their breathing

- Use tactical breathing.
- Breathe in through the nose for 4 seconds, count 1-2-3-4.
- Hold the breath for 4 seconds, count 1-2-3-4.
- Breathe out through the mouth for 4 seconds, count 1-2-3-4.
- Repeat 2-4 times. (3-5 total breaths).