

# Dear partners, funders, facilitators, trainers, and dear EmotionAid® family,

For more than two years, you have been our support, our ambassadors, and our extended community. This report is an invitation to pause with us and reflect, to share our vision, what we have built together, what we have learned, and where we are headed next. Since October 7th, 2023, individuals, professionals, and entire communities in Israel have faced levels of traumatic stress that were never meant to be carried alone. War, loss, burnout, and uncertainty have become part of daily life for educators, veterans, medical teams, families, and leaders alike. EmotionAid® was created precisely for moments like these. We believe that the ability to regulate the body and mind is not a luxury, but a foundation for resilience, functioning, and the choice to continue living fully.

From the beginning, EmotionAid® chose a clear path: not to “treat trauma” in the classical sense, but to make simple, research-based regulation tools accessible to anyone, exactly when they are needed most. We work through people, professionals, facilitators, and community leaders, so that capacity

spreads beyond us and impact continues to ripple outward. This reflects our core values: responsibility, respect for the individual, and deep trust in the human ability to recover, reorganize, and grow even after profound disruption.

The past two years have been among the most complex we have experienced. They required rapid expansion, refinement of our model, and an unwavering commitment to our principles under pressure. Again and again, we saw that physiological and emotional regulation is not only a personal coping tool, but a cornerstone of systemic resilience, allowing individuals and institutions alike to reset, respond, and remain effective.

EmotionAid® operates at the intersection of neurophysiology, mental health, science, and social responsibility. We are committed to learning, measuring, and improving our work, ensuring it remains effective, ethical, and sustainable. This report reflects not only what we have done, but what we have learned about people, systems, and the possibility of healing and growth even in difficult times.

As we enter the next chapter of EmotionAid®, I feel both deep pride in what we have accomplished together and a strong sense of responsibility for the work ahead. Thank you for walking this path with us.

Warmly,  
**Dr. Cathy Lawi**  
Founder & Director, EmotionAid®

