

OPERATIONAL STRESS GUIDE

STRESS INJURY CARE

MINIMIZE TRAUMATIC EXPOSURE: Avoid unnecessary exposure

Operational pause, re-assign duties, chance to opt out. Care for each exposure

IDENTIFY POTENTIAL EXPOSURE: Awareness of stress injury formation

[PTE: overwhelmed, emotional connection, helplessness, error/guilt, isolation, near-miss, fatalities]

SELF-AWARENESS: Ready | Reacting | Injured | Critically Injured (See below)

STOP & FIX: Monitor depletion, connect, leverage green choices, take space

EXPOSURE PLAN: 3-3-3 and periodic check in, plan green choices, buddy check

READY	REACTING	INJURED	CRITICAL
Healthy Sleep	Sleep Loss	Sleep Issues	Insomnia
Sense Of Mission	Change In Attitude	Emotional Numbness	Hopelessness
Spiritually & Emotionally Healthy	Criticism	Burnout	Anxiety & Panic
Physically Healthy	Avoidance	Nightmares	Depression
Emotionally Available	Loss Of Interest	Disengaged	Intrusive Thoughts
Gratitude	Distance	Exhausted	Feeling Lost Or
Vitality	From Others	Physical Symptoms	Out Of Control
Room For Complexity	Short Fuse	Feeling Trapped	Blame
	Cutting Corners	Relationships	Hiding Out
	Loss Of Creativity	Suffering	Broken Relationships
	Lack Of Motivation	Isolation	Thoughts Of Suicide
	Fatigue		

PSYCHOLOGICAL FIRST AID GUIDE

STRESS INJURY CARE

— SAFETY —

- Establish "All Clear" practices after exposure
- Protect from more stress whenever possible
- **Stop and fix:** Mitigate the scene to reduce chaos and reminders

— CALM —

- Complete the stress cycle- move, sleep, share, create, breathe, laugh
- Demonstrate calm/Empathetic listening
- Utilizing resources – i.e. stethoscope, grounding, decrease movement
- Lend them your nervous system- Use your calm to support them

— EMPOWERMENT/ENGAGEMENT —

- Problem solving/assign a job
- Combat helpless/Involve them in the rescue
- Remind them of strengths, reflect what is working

— CONNECTION —

- Build on scene relationship
- Use patient and rescuer names
- Connect pt. with family, friends, loved ones, pets ASAP

— HOPE —

- Witness the challenges, but keep positive "we got this"
- Offer chronological next steps
- Be future oriented

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