

STRESS



Thriving Surviving Struggling In Crisis "I got this." "Something isn't "I can't keep this up." "I can't survive this." right.' Persistent fear, panic, Nervousness, **Disabling distress** Calm and and loss of function steady with sadness, increased anxiety, anger, mood fluctuations pervasive sadness, minor mood Panic attacks fluctuations hopelessness Inconsistent Nightmares or Able to take performance Exhaustion flashbacks things in stride More easily Poor performance Unable to fall or Consistent overwhelmed or and difficulty stay asleep making decisions performance irritated Intrusive thoughts or concentrating Able to take Increased need Thoughts of Avoiding interaction feedback and to for control and self-harm or suicide adjust to changes difficulty adjusting with coworkers, family, of plans to changes and friends Easily enraged or aggressive Able to focus **Trouble sleeping** Fatigue, aches or eating and pains Careless mistakes Able to an inability to focus Activities and **Restless**, disturbed communicate Feeling numb, lost, or effectively relationships you sleep out of control used to enjoy Normal sleep Self-medicating seem less Withdrawl from patterns and interesting or with substances. relationships appetite even stressful food, or other numbing activities Dependence on Muscle tension, substances, food, low energy, or other numbing headaches activities to cope

Adapted from: Watson, P., Gist, R., Taylor, V. Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.

4 SOURCES OF STRESS

Inner Conflict

Life Threat

Loss

Wear and Tear

INNER CONFLICT

Engaging / witnessing behaviors or acts that violate your values and morals

LIFE THREAT

An experience that provokes fear, helplessness, hopelessness, etc...



LOSS

The loss of cherished people, things, or parts of oneself



"WEAR AND TEAR"

Accumulation of negative feelings from all sources over time without enough rest/recovery.

This can be a combination of the other 3



SIGNS OF STRESS

Not feeling in control of one's body, emotions or thinking.

Being frequently unable to fall or stay asleep. Waking up from recurrent or vivid nightmares.

Feeling persistent, intense guilt or shame. Feeling unusually remorseless. Experiencing attacks of panic, anger or rage.



Losing memory or the ability to think rationally. Being unable to enjoy usually pleasurable activities. Losing grounding in previously held moral values.

Displaying a significant and persistent change in behavior or appearance.



HOW CAN YOU COPE WITH THESE SYMPTOMS OF STRESS?

Promoting a sense of safety

Promoting a calming feeling

Feeling connected

Sense of self/self efficacy

Sense of hope

