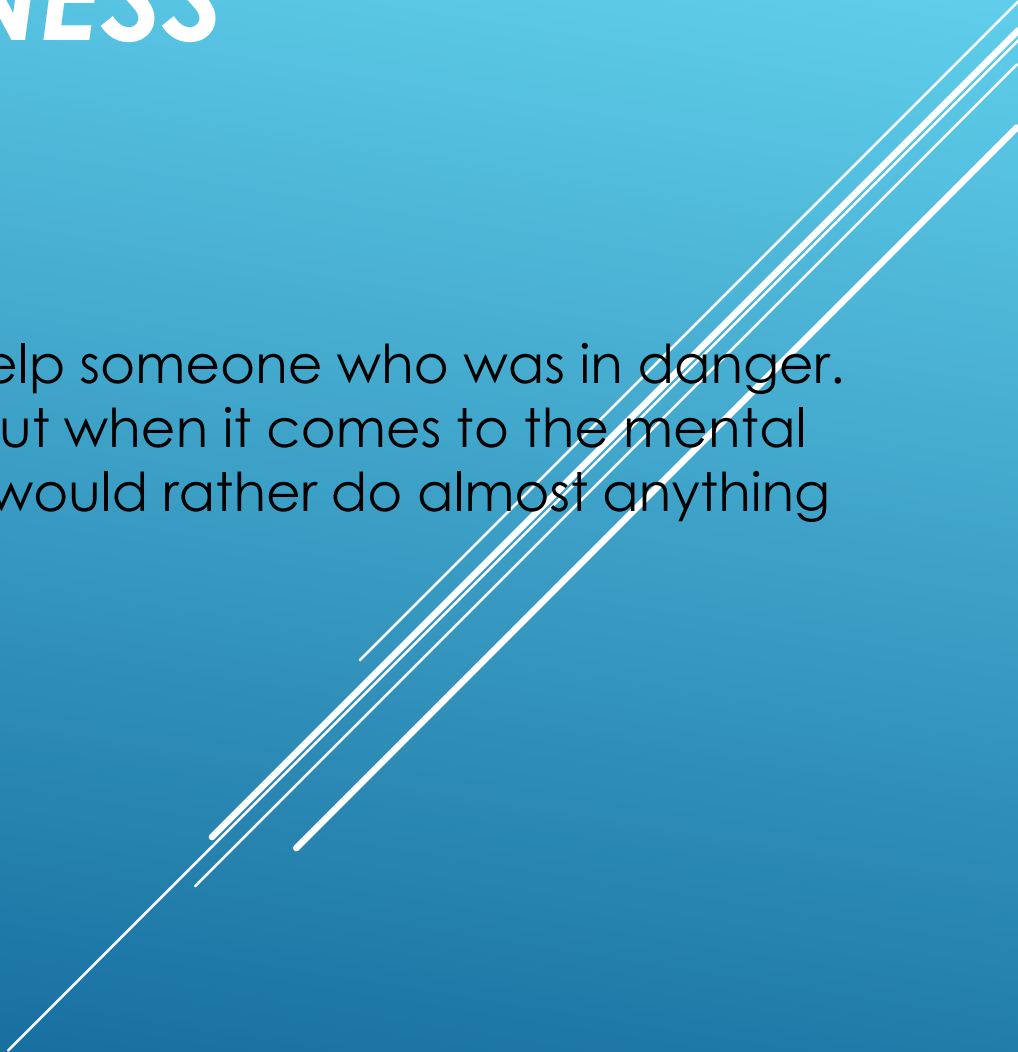


CRISIS AWARENESS

OHIO ASSIST

There is no one who wouldn't help someone who was in danger. We will rush to face the threat, but when it comes to the mental well-being of our personnel, we would rather do almost anything else than ask what they need.

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CRISIS AWARENESS

Sometimes, the emotional aftershocks (or stress reactions) appear immediately after a traumatic or critical incident. However, sometimes it may take hours or days to appear.

It's possible, signs and symptoms do not appear for weeks and months.

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CRISIS AWARENESS

Signs and symptoms may last a few days but can last weeks and months.

This is as unique as the person experiencing them.

Two people, involved in the same incident, **WILL** react differently.

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CRISIS AWARENESS

A person's reaction to an event is controlled by experience, time they were given to prepare, personal support systems, belief system, proximity to the event, seriousness of the event or any combination of the above.


No two will react exactly the same way.

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CRISIS AWARENESS

Sometimes the reaction is so severe or life-altering, it takes an intervention from a trained counselor or mental health professional.


However, many times, having someone simply ask how they are doing can assist a person more than we know.

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CRISIS AWARENESS

Signs and Signals of a stress reaction:

Physical

- ▶ Fatigue / Exhaustion
 - ▶ Nausea / Vomiting
 - ▶ Muscle tremors / twitches
 - ▶ Fainting
 - ▶ Sleep difficulties
 - ▶ Elevated blood pressure / heart rate
 - ▶ Headache / thirsty
- 
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CRISIS AWARENESS

Signs and Signals of a stress reaction:

- ▶ Visual difficulties
- ▶ Grinding of teeth
- ▶ Weakness or dizziness
- ▶ Profuse sweating or chills
- ▶ ***If the person is experiencing chest pains or difficulty breathing, get medical attention IMMEDIATELY.***

Cognitive


- ▶ Confusion
- ▶ Poor attention span
- ▶ Inability to make decision
- ▶ Heightened or lowered alertness
- ▶ Poor concentration / memory issues
- ▶ Hyper-vigilance
- ▶ Difficulty identifying familiar objects or people
- ▶ Flashbacks

CRISIS AWARENESS




CRISIS AWARENESS

- ▶ Cognitive

- ▶ Increased / decreased awareness of surroundings
 - ▶ Poor problem solving
 - ▶ Poor abstract thinking
 - ▶ Disorientation
 - ▶ Disturbed thinking, nightmares, or intrusive images
- 
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CRISIS AWARENESS

- ▶ Emotional

- ▶ Anxiety
 - ▶ Guilt
 - ▶ Grief
 - ▶ Denial
 - ▶ Feeling of panic
 - ▶ Emotional shock
 - ▶ Fear
 - ▶ Uncertainty
- 
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CRISIS AWARENESS

- ▶ Emotional


- ▶ Loss of emotional Control
 - ▶ Depression
 - ▶ Inappropriate emotional response
 - ▶ Agitation
 - ▶ Apprehension
 - ▶ Feeling overwhelmed
 - ▶ Intense anger
 - ▶ Hypersensitivity
- 

CRISIS AWARENESS


- ▶ Behavioral
 - ▶ Change in societal perception
 - ▶ Loss of or increase in appetite
 - ▶ Withdrawal
 - ▶ Emotional outbursts
 - ▶ Suspiciousness
 - ▶ Change in usual communication skills
- 
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CRISIS AWARENESS


▶ Behavioral

- ▶ Pacing / inability to rest
 - ▶ Startle reflex
 - ▶ Alcohol consumption
 - ▶ Hyper-alert to environment
 - ▶ Change in sexual behavior
 - ▶ Inability to rest
 - ▶ Antisocial acts
- 
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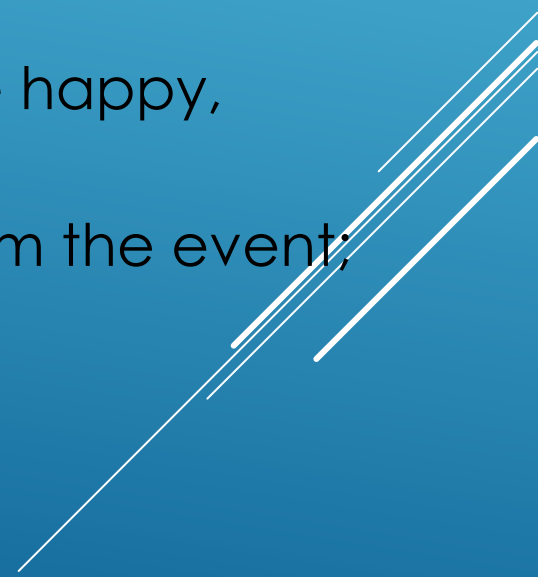
CRISIS AWARENESS

- ▶ Spiritual
 - ▶ Anger at God or higher power
 - ▶ Loss of faith
 - ▶ New over-reliance on faith
 - ▶ Questioning one's ability to forgive or be forgiven
 - ▶ Change in sense of self, own abilities
- 
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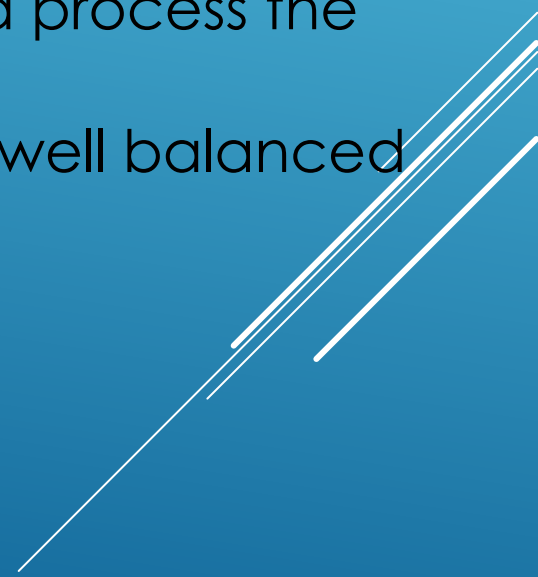
HELPFUL COPING STRATEGIES

- ▶ Exercise (in moderation based on previous levels of exercise)
 - ▶ Structure your “free” time
 - ▶ Accept the event has changed your “old normal” and know that there will be a “new normal” but that you are NOT crazy
 - ▶ Talk, talk, talk.
 - ▶ Avoid self-medication with drugs or alcohol
 - ▶ Let people help you
- 

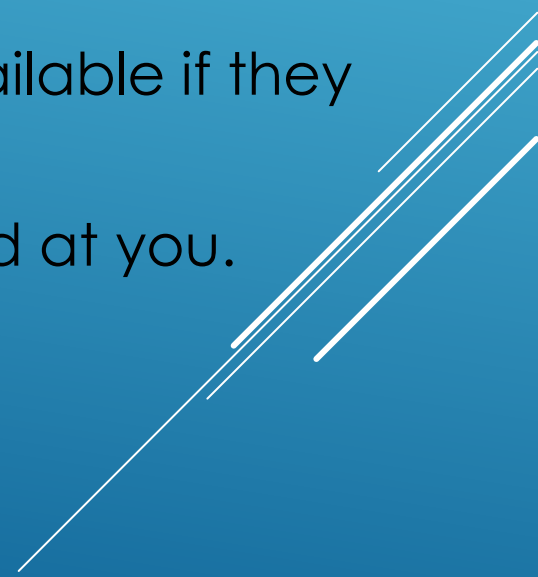
HELPFUL COPING STRATEGIES

- ▶ Spend time with others
 - ▶ Help co-workers who were involved in the same incident
 - ▶ Let yourself have bad days or hours. It's OK
 - ▶ Journal if it helps get things out
 - ▶ Do things you enjoy. Its not only OK to be happy, smile and laugh, it's imperative!!!
 - ▶ You are not the only one feeling stress from the event; family, friends and co-workers
- 
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HELPFUL COPING STRATEGIES

- ▶ Don't make big life changes; relationships, buy a car/bike/boat, sell or buy a house, etc.
 - ▶ Make as many decisions about your personal life as you can. Take back control.
 - ▶ Rest!!!
 - ▶ Reoccurring thoughts, dreams or flashbacks are a normal reaction. Don't fight it, let the mind process the event
 - ▶ Do the best you can to eat a healthy and well balanced diet
- 

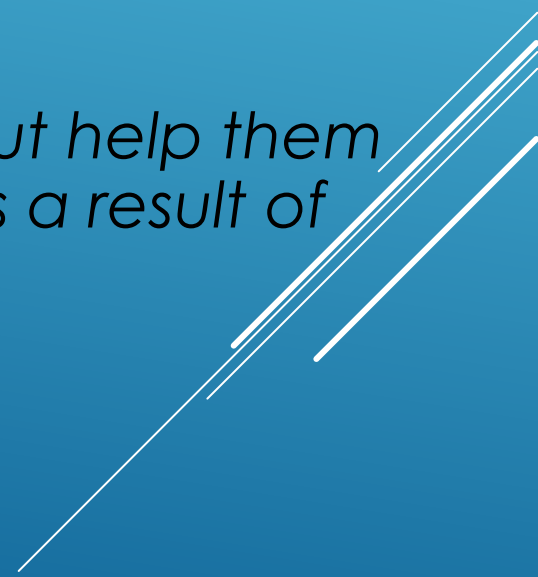
HOW CAN FAMILY & FRIENDS HELP?

- ▶ Listen. Best thing they can do
 - ▶ Spend time with the traumatized person. They don't REALLY want to be alone all of the time
 - ▶ Reassure them that they are safe
 - ▶ Help with tasks around the house but don't take over
 - ▶ Give them some personal time but be available if they want company
 - ▶ Their anger, fear and frustration isn't aimed at you.
- 

HOW CAN FAMILY & FRIENDS HELP?

- ▶ Don't say, "You're lucky it wasn't worse." "I'm glad you killed them." "You're a hero."
- ▶ Do say, "I'm very glad you are OK.", "I'm here for you.", "Please let me know what I can do to help you."

Don't baby the person. Be supportive but help them regain the control they feel they lost as a result of someone else's action.

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OHIO ASSIST WEB SITE & FACEBOOK

www.dpsohioassist.ohio.gov

For Facebook, search **Ohio ASSIST**

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