

Stress Management



3/5/2007

Overview

- Definition of Stress & Burnout
- Signs of Stress & Burnout
- Coping with Stress
- Critical Incident Stress
- CISD (Critical Incident Stress Debriefing)

Stress

- Is any change in the body's internal balance
- Being a First Responder, you will encounter various types of stress:
 - Long hours
 - Working too much
 - Having to make life and death decisions
 - The fear of making a serious error
 - Dealing with death and grieving victims
 - The responsibility of someone's life in your hands
 - **Boredom!!**

Burnout

- A state of exhaustion and irritability that can markedly decrease one's effectiveness of their career/profession
- Signs to look for:
 - Irritability with co-workers, family, and friends
 - Difficulty sleeping, and/or nightmares
 - Anxiety
 - Indecisiveness
 - Guilt
 - Loss of appetite
 - Loss of sexual desire and/or interest
 - Isolation
 - Loss of interest with work

Coping with Stress

- The number one way to deal with or to eliminate stress all together is to...

RELAX !!!

Coping with Stress

- Other ways to help cope with stress are:
 - Exercise
 - Diet
 - Avoid self medication and/or alcohol
 - Keep a balance in your life

Rx

HERE IS YOUR HIGH BLOOD
PRESSURE MEDICATION... THAT
WILL BE \$635.00.



Critical Incident Stress

- Any situation that causes you to experience emotions that are unusually strong, and that may interfere with your ability to function.
- This can occur during the incident, and/or after the critical incident

Critical Incident Stress

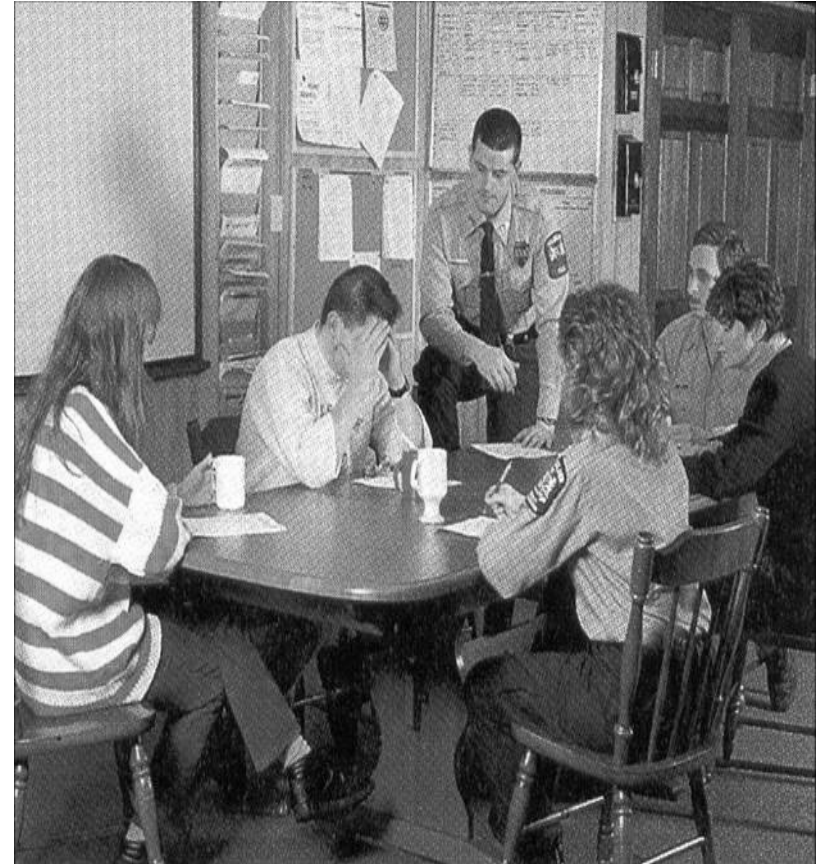
- The following are examples of Critical Incident Stress situations:
 - Death of/or serious injury of a co-worker
 - Death of/or serious injury of a family member
 - Death of a child (abuse/neglect)
 - Mass casualty incident
 - Suicide
 - Threatening situations (shooting/hostage)
 - Incidents with significant media attention

Critical Incident Stress Debriefing (CISD)

- As a First responder, you may encounter many stressful situations, where you are unable to cope.
- In the EMS industry, there is now a program which offers the caregivers the opportunity to express their feelings after a critical incident.
- This program is called Critical Incident Stress Debriefing (CISD)

Critical Incident Stress Debriefing (CISD)

A process in which teams of trained peer councilors and mental health professionals, meet with rescuers and health care provider's to deal with their emotions following a critical incident



Critical Incident Stress Debriefing (CISD)

- Debriefings are usually held within 24-72 hours after the critical incident
- No one is ever *forced* to attend the CISD
- Individuals are encouraged to talk about all their feelings and emotions held within them

***All information discussed at a CISD is
strictly CONFIDENTIAL!***

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Any Questions?

