

Taking Care of Self

Take care of yourself and your needs first!

Know your support system and use it . Friend, co-worker, colleague, family, or MH specialist.

Be realistic about your needs.

If it bothers you – talk about it.

Know your risk areas / risk factors,

Use positive coping: talking, writing, staying engaged in the mission & with co-workers.

Stay in the present – 1st things 1st.

Understand negative coping, escaping reality w/ anger, isolation & chemical / medication overuse & seek professional help if present.

Taking Care of Others

Areas of concern:

Feelings / thoughts / physical effects / behaviors / spiritual.

Make a connection.

Listen to your friend / co-worker / colleague.

Give reassurance.

Encourage positive coping techniques.

Recognize negative coping (anything used to escape reality in extreme)

The LESS the support, the GREATER the risk.

Be direct if you see the need.

Symptoms of Distress

Self or Friend / Colleague

Cognitive (Thought) Distress

Confusion, Difficulty in Decision -Making / Problem-Solving, Inability to Understand Consequences of Behavior, Suicidal / Homicidal Ideation, Psychosis, Sensory Distortion, Difficulty Remembering Details, Disorientation to Surroundings, Inability to Concentrate, Guilt, Preoccupation with Event.

Emotional (Feelings) Distress

Panic, Vegetative Depression, Fear – Phobia/Phobic, Avoidance, Pathological Grief, Anxiety, Anger, Irritability, Intense Sadness, Post-Traumatic Stress.

Behavioral Distress

Risk-taking, Alcohol / Substance Use & Abuse to Control Stress, Family Discord, Violence, Anti-social Behaviors, Impulsiveness, Excessive Eating, Hyper-startle/Hypervigilance, Compensatory Sexuality, Compensatory Purchasing, Compulsivity, Sleep Disturbance, Withdrawal, Crying Spells, 1000 Yard Stare.

Physical Distress

Headaches, Visual Distortions, Blood in Stool/Sputum/Vomit/Urine, Chest Pain, Difficulty Breathing, Loss of Consciousness, Tachycardia/Bradycardia, Hyperventilation, Muscle Spasms, Excessive Thirst/Dry Mouth, Psychogenic Sweating, Fatigue/Exhaustion, Vague Muscle Aches/Pains.

Spiritual Distress

Belief of Abandonment by God, Withdrawal from Faith Community, Hallucination of Religious/Spiritual Nature, Anger at God, Loss of Belief in a Just World, Loss of a Sense of Purpose, Doubts of Existence in God.