

# STRESS AND SELF-CARE CONTINUUM

	READY/THRIVING	REACTING/STRUGGLING	INJURED/SURVIVING	CRITICAL/IN CRISIS
<b>F E E L I N G S *</b>	<ul style="list-style-type: none"> <li>Sense of Mission</li> <li>Spiritually and Emotionally Healthy</li> <li>Physically Healthy</li> <li>Emotionally Available</li> <li>Normal Sleep Patterns and Appetite</li> <li>Gratitude</li> <li>Room for Complexity</li> <li>Able to Take Things in Stride</li> <li>Able to Take Feedback and Adjust to Changes of Plans</li> </ul>	<ul style="list-style-type: none"> <li>Trouble Sleeping or Eating</li> <li>Change in Attitude</li> <li>Avoidance</li> <li>Loss of Interest</li> <li>Distance from Others</li> <li>Short Fuse</li> <li>Easily Overwhelmed or Irritated</li> <li>Cutting Corners</li> <li>Loss of Creativity or Motivation</li> <li>Fatigue</li> <li>Increase Use of Substances</li> <li>Inconsistent Performance</li> </ul>	<ul style="list-style-type: none"> <li>Sleep Issues</li> <li>Emotional Numbness</li> <li>Burnout</li> <li>Nightmares</li> <li>Disengaged</li> <li>Exhausted</li> <li>Physical Symptoms</li> <li>Feeling Trapped</li> <li>Relationships Suffering</li> <li>Isolation</li> <li>Consistent Use of Substances</li> <li>Persistent Fear, Panic, Anxiety, Anger, Sadness or Hopelessness</li> </ul>	<ul style="list-style-type: none"> <li>Disabling Distress and Loss of Function</li> <li>Insomnia</li> <li>Hopelessness</li> <li>Anxiety and Panic</li> <li>Intrusive Thoughts, Nightmares, Flashbacks</li> <li>Feeling Lost or Out of Control</li> <li>Blame</li> <li>Hiding out</li> <li>Broken Relationships</li> <li>Thoughts of Self- Harm or Suicide</li> <li>Reliance on Substances</li> </ul>
<b>S T A T E M E N T S</b>	<ul style="list-style-type: none"> <li>"I've got this"</li> <li>"I'm looking forward too..."</li> <li>"How can I help you?"</li> <li>"I need to recharge"</li> <li>"I see your point"</li> <li>"This is going to be hard, but we can do this"</li> </ul>	<ul style="list-style-type: none"> <li>"I don't feel like myself"</li> <li>"I'll wait it out until this passes"</li> <li>"I'm sick of this"</li> <li>"Something isn't right"</li> <li>"I'm tired and drained"</li> <li>"I'm not doing enough"</li> <li>"I'm too busy to ask for help"</li> </ul>	<ul style="list-style-type: none"> <li>"It's just a matter of time until I get sick"</li> <li>"What's next?"</li> <li>"I can't handle this much longer"</li> <li>"Nobody understands what I'm going through"</li> <li>"Nobody can help"</li> </ul>	<ul style="list-style-type: none"> <li>"I can't do this anymore"</li> <li>"What I do doesn't matter"</li> <li>"I don't know who I am anymore"</li> <li>"No one cares"</li> <li>"I'm unraveling"</li> <li>"I feel like I'm suffocating"</li> <li>"I give up"</li> </ul>
<b>S E L F  C A R E</b>	<p><b>CONTINUE GOOD HABITS</b></p> <ul style="list-style-type: none"> <li>Continue to Get Good Sleep</li> <li>Focus on Diet/Nutrition</li> <li>Consistent Exercise</li> <li>Cultivate a Positive Attitude</li> <li>Practice Mindfulness Techniques and Breathwork</li> <li>Gratitude Practices</li> <li>Support a Friend or Colleague</li> </ul>	<p><b>INCREASE/FOCUS ON SELF-CARE</b></p> <ul style="list-style-type: none"> <li>Take Time Off</li> <li>Practice Mindful Eating</li> <li>Reflect</li> <li>Eliminate Depleting People, Energy, Behaviors</li> <li>Set Boundaries</li> <li>Practice an Information Diet</li> <li>Identify and Connect with a Support Person (Stay Connected)</li> <li>Practice Vulnerability</li> <li>Stay Hydrated and Focus on Diet</li> </ul>	<p><b>REACH OUT</b></p> <ul style="list-style-type: none"> <li>Have an Honest Conversation with Your Support Person</li> <li>Find a Professional Therapist</li> <li>Surround Yourself with Life-Giving People and Activities</li> <li>Engage in Spiritual or Religious Practices</li> <li>Eliminate Drugs, Alcohol and Compulsive Behaviors</li> </ul>	<p><b>GET HELP</b></p> <ul style="list-style-type: none"> <li>Seek Professional Help</li> <li>Increase or Start Individual Therapy</li> <li>Engage Your Support Person</li> <li>Tend to Yourself</li> <li>Know This Will Take Time</li> <li>Call a Crisis Hotline</li> <li>Surround Yourself with People</li> <li>Consult Your Doctor</li> </ul>

\*Adapted from *Combat and Operational First Aid*, by McGladrey, L. (2021). Responderalliance.com and Watson, P., Gist, R., Taylor, V. et al (2013). *Stress First Aid for Firefighters and Emergency Services Personnel*. National Fallen Firefighters Foundation.