



## OCDE Crisis Response Network

### Critical Incident Stress Information Sheets

You have experienced a traumatic event or a critical incident (any event that causes unusually strong emotional reactions that have the potential to interfere with the ability to function normally.)

Even though the event may be over, you may experience some strong emotional or physical reactions. It is very common and normal for people to experience stress reactions immediately after the traumatic event. However, some might be delayed, appearing few hours, days, weeks or month after the traumatic event

The signs and symptoms of a stress reaction may last a few days, a few weeks, a few months, or longer depending on the severity of the traumatic event. The understanding and the support of loved ones usually help the stress reactions to pass more quickly.

Occasionally, the traumatic event is so painful that professional assistance may be necessary. This does not imply weakness and you should not label yourself or others as crazy if this is the case. It simply indicates that the particular event was so impactful that support will be beneficial in the healing process.

**Some common signs and signals of a stress reaction may include but not be limited to:**

Physical*	Cognitive	Emotional	Behavioral
<input type="checkbox"/> Chills <input type="checkbox"/> thirst <input type="checkbox"/> fatigue <input type="checkbox"/> nausea <input type="checkbox"/> fainting <input type="checkbox"/> twitches <input type="checkbox"/> vomiting <input type="checkbox"/> dizziness <input type="checkbox"/> weakness <input type="checkbox"/> chest pain <input type="checkbox"/> headaches <input type="checkbox"/> elevated blood pressure <input type="checkbox"/> rapid heart rate <input type="checkbox"/> muscle tremors <input type="checkbox"/> shock symptoms <input type="checkbox"/> grinding of teeth <input type="checkbox"/> visual difficulties <input type="checkbox"/> profuse sweating <input type="checkbox"/> difficulty breathing	<input type="checkbox"/> confusion <input type="checkbox"/> nightmares <input type="checkbox"/> uncertainty <input type="checkbox"/> hypervigilance <input type="checkbox"/> suspiciousness <input type="checkbox"/> intrusive images <input type="checkbox"/> blaming someone <input type="checkbox"/> poor problem solving <input type="checkbox"/> poor abstract thinking <input type="checkbox"/> poor attention/decisions <input type="checkbox"/> poor concentration/memory <input type="checkbox"/> disorientation of time, place or person <input type="checkbox"/> difficulty identifying objects or people <input type="checkbox"/> heightened or lowered alertness <input type="checkbox"/> increased or decreased awareness of surroundings	<input type="checkbox"/> fear <input type="checkbox"/> guilt <input type="checkbox"/> grief <input type="checkbox"/> panic <input type="checkbox"/> denial <input type="checkbox"/> anxiety <input type="checkbox"/> agitation <input type="checkbox"/> irritability <input type="checkbox"/> depression <input type="checkbox"/> intense anger <input type="checkbox"/> apprehension <input type="checkbox"/> emotional shock <input type="checkbox"/> emotional outbursts <input type="checkbox"/> feeling overwhelmed <input type="checkbox"/> loss of emotional control <input type="checkbox"/> foreign emotional response	<input type="checkbox"/> withdrawal <input type="checkbox"/> aggression <input type="checkbox"/> difficulty resting <input type="checkbox"/> intensified pacing <input type="checkbox"/> erratic movements <input type="checkbox"/> change in social activity <input type="checkbox"/> change in speech patterns <input type="checkbox"/> loss or increase of appetite <input type="checkbox"/> hyper alert to environment <input type="checkbox"/> increased alcohol consumption <input type="checkbox"/> change in usual communications

***\*Any of these symptoms may indicate the need for medical evaluation.  
When in doubt, contact a physician.***

## **Orange County Crisis Resources**

### **Orange County Crisis Prevention Hotline**

Crisis Prevention Hotline provides toll-free, 24 hours/day, 7 days/week, 365 days/year, confidential, culturally and linguistically appropriate, over-the-phone suicide prevention services to anyone, who is in crisis or experiencing suicidal thoughts. **Call 1-877-727-4747** *\*Please note: may take a moment to connect*

### **Orange County Behavioral Health Referrals**

The OC Links Information and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services. These services include children and adult mental health, alcohol and drug inpatient and outpatient, crisis programs, and prevention and early intervention services. Trained Navigators provide information, referral, and linkage directly to programs that meet the needs of callers. **Call 855-OC-LINKS (855-625-4657)**

**TDD (Telecommunications Device for the Deaf) Number: 714-834-2332 Available 8 am - 6 pm M-F**

***\*Leave name and number and they will get back to you***

### **Orange County 211**

2-1-1 Orange County runs a comprehensive information and referral system that provides a resource database of health and human services and support, accessible 24 hours a day, 7 days a week online and through our multilingual hotline, connecting people quickly and effectively to existing programs and disaster response information. Some resources include housing, job placement, food, and health insurance, where to find a community clinic, dental care, immunizations, prescription assistance, homeless shelters, elder and childcare, legal services and other resources offered by local nonprofits and government agencies. **Just dial 2-1-1** *\*Hold times may be longer than usual. Visit their website here*

<https://www.211oc.org/>

### **NAMI OC WarmLine**

The NAMI OC WarmLine is a free and confidential telephone service providing emotional support and resources to Orange County residents. If you, a family member, or a loved one are experiencing mental health concerns, substance abuse, loneliness or are in need of community resources, The WarmLine is for you! **Call or text: (714) 991-6412 Toll Free 877-910-9276. Times: 9 a.m. - 3 a.m. (Mon. - Fri.) & 10 a.m. - 3 a.m. (Sat. - Sun.) or visit their website at** <https://www.namioc.org/>

### **Crisis Assessment Team (CAT)**

The Crisis Assessment Team (CAT) provides 24-hour mobile response services to adults and minors experiencing a behavioral health crisis in Orange County. Staff members receive calls to provide crisis intervention to individuals living with mental health issues from law enforcement officers in the field, social services agencies, and concerned family members. CAT conducts risk assessments, initiates involuntary hospitalizations when necessary, provides resources and linkage, and conducts follow-up contacts for individuals assessed. **Call (866) 830-6011**

## Other Crisis Resources

### **Crisis Text Line**

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. **Text HOME to 741741 or visit their website here <https://www.crisistextline.org/>**

### **National Suicide Prevention Lifeline**

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Call 1-800-273-8255 or visit their website here <https://suicidepreventionlifeline.org/>**

### **The Trevor Lifeline (LGBTQ+)**

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now. **Call 1-866-488-7386 or Text START to 678678 or visit their website here <https://www.thetrevorproject.org/>**

### **Didi Hirsch**

Suicide Prevention Crisis Line is a leading member of the National Suicide Prevention Lifeline at **800-273-8255**. We are one of two centers in the national network with English- and Spanish-speaking crisis counselors 24/7. We also have Korean-speaking counselors during peak evening hours at 877-727-4747. **For crisis chat and other resources, visit <https://didihirsch.org/services/suicide-prevention/crisis-services/>**

### **National Association of School Psychologists**

This handout helps parents, caregivers and teachers identify warning signs in youth contemplating suicide, offers insight on how to appropriately respond when concerned, and how you can get help when needed.

**[NASP Preventing Youth Suicide: Tips for Parents & Educators](#)**

### **Coalition to Support Grieving Students: A Guide for Parents and Caregivers**

Children may not have experienced a loss before. They may not understand what the loss or their reaction means. They may be unsure how to act or respond. Even children who have had prior losses will still be deeply affected. This handout offers advice to parents and other caregivers about how to support children who are grieving. **[Supporting Your Child After the Death of a Family Member or Friend](#)**

## WHAT IS DEPRESSION?

- Depression is a real, treatable medical condition.
- Regular sadness and depression are not the same; depression is an intense feeling of sadness, hopelessness, anger or frustration that lasts for weeks, months or longer.
- These feelings can make it hard to function as you normally would. For example, you might find it more difficult to participate in activities you usually enjoy.
- Depression can make you feel like it is hard to enjoy life or get through the day.

## SYMPTOMS OF DEPRESSION

- Feeling sad, empty or hopeless more often than not
- Feelings of irritation
- Trouble falling asleep, staying asleep or sleeping more than normal
- Feeling very tired or having little energy
- Feeling worthless or very guilty
- Having trouble concentrating
- Thinking about dying or suicide
- Changes in appetite



## WHO EXPERIENCES DEPRESSION?

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### RESOURCES

National Institute of Mental Health (NIMH): [www.nimh.nih.gov](http://www.nimh.nih.gov)

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## TIPS FOR PARENTS

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- **Show your love.** Children need love, empathy, and respect. Let them know you care and that their feelings are important. Just be present, sit with them **and reassure that you understand how they feel.**
- **Stick to a routine.** Schedules and routines create a sense of structure and security. Make things seem normal- even though they may not feel like doing activities.
- **Focus on the positive communication.** Track your ratio of negative to positive comments to your child. Your goal should be 1 negative to 5 positives.
- **Develop a positive environment.** Create a positive atmosphere to help your child relax. Make a list of fun things to do together and follow through with them.
- **Take care of yourself.** Find a support group, exercise, or hire a babysitter so you can get out. You also have to take care of yourself when taking care of your child.
- **Find treatment for your child.** They may benefit from therapy/counseling and medications. Talk with your doctor to decide what will work best for your family.
- **Get help.** If your child expresses thoughts about wanting to kill or hurt themselves, or is making concerning statements, call 911 or bring your child to the nearest emergency department. These feelings/thoughts can be serious.
- **Assure your child.** Let your child know you are going to help them to feel better and that therapy, activity, and medications can help.

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### RECOMMENDED RESOURCES

- *Depressed Child: A Parent's Guide for Rescuing Kids*, by Douglas A. Riley
- *Help me, I'm sad: Recognizing, Treating and Preventing Childhood Depression and Adolescent Depression* by David G. Fassler and Lynne S Dumas
- *Lonely, Sad and Angry: How to Help Your Unhappy Child*, by Barbara D. Ingersoll
- *Raising Depression-Free Children: A Parent's Guide to Prevention and Early Intervention*, by Kathleen Panula Hockey
- *The Childhood Depression Sourcebook*, by Jeffrey A. Miller

# Grief Responses

Grief Responses	Description of Response	Things to Do
<b>Shock/Denial/Disbelief</b>	Dazed/Intense emotional outbursts and physical reactions	<ol style="list-style-type: none"> <li>1. Talk with someone you trust</li> <li>2. Rest</li> <li>3. Give yourself some slack</li> </ol>
<b>Searching/Yearning</b>	Emotional Ups and Downs/ Difficulty completing task and concentrating/ Restlessness	<ol style="list-style-type: none"> <li>1. Reschedule tasks if possible</li> <li>2. Exercise</li> <li>3. Talk to someone who understands</li> </ol>
<b>Anxiety/Panic</b>	Feeling out of control/Being aware of own mortality/Life is Unpredictable	<ol style="list-style-type: none"> <li>1. Avoid impulsive decisions</li> <li>2. Spend time with loved ones</li> <li>3. Spend time in nature</li> </ol>
<b>Anger/Rage</b>	Can be directed toward the deceased, circumstances, agency, God, feeling abandoned/ bouts of crying	<ol style="list-style-type: none"> <li>1. Exercise/Physical Activity</li> <li>2. Journal writing or Art</li> <li>3. "Would deceased want you to hold onto this anger?"</li> </ol>
<b>Guilt/Regret</b>	Blaming/Guilt at surviving/Unfinished Business/ "If I had only..."	<ol style="list-style-type: none"> <li>1. Be forgiving</li> <li>2. What would deceased tell you</li> <li>3. Talk to someone</li> </ol>
<b>Emptiness/Numbness</b>	Deep sadness/Trying to find ways to say goodbye	Do something concrete to remember the good times (i.e. Photo album, story, poem, tape a story, do a special activity)
<b>Return to Routine/ Focus on Life</b>	Acknowledging loss/ Planning for future/ Learning to live with the loss	<ol style="list-style-type: none"> <li>1. Remember special things about deceased</li> <li>2. Get back involved in activities</li> <li>3. Pass on important things about deceased to others</li> <li>4. Find ways to keep the legacy of deceased alive</li> </ol>

Remember there are many reactions to a significant loss. Each person grieves in their own way. Grief responses may appear, disappear, and vary in intensity. They can occur in any order and often occur when we least expect them. The grief response is one of the most natural, yet painful, human life experiences to go through. Please seek professional help if these symptoms become significantly disruptive to your daily life or you need additional support or information.





# Healthy Ways to Cope with Distress

- **Write** a “Dear John” letter to your distress – a “Dear John” letter is a letter breaking up or saying goodbye to your distress
- **Talk** to a pet - pets can be great listeners and you don’t have to worry about them interrupting you



- **Do** something physical, even if it just for a few minutes - try jumping jacks, sit-ups, push-ups, riding a bike, going for a walk, dancing, etc.
- **Laugh** out loud...like really loud



## Some other things to remember:

- It is OKAY to cry - crying can be a great outlet for distress
- Try and find someone to talk to - someone you trust and who will listen without judgment
- Deep breathing DOES WORK!
  - Breathe in through your nose for 4 seconds
  - Hold breath for 6 seconds
  - Breathe out through your mouth for 7 seconds
- Any form of exercise can be helpful
- Avoid fixating on the distressing event (this includes avoiding media overload)
- There will come a time when you will either have to fully process your distress, let it go, and move forward



# Mental Health Resources

\_\_\_\_\_Orange County\_\_\_\_\_

## COMMERCIAL

**Commercial Insurance:** Please refer to the back of the patient's insurance card for the mental health referral phone number/process.

## CALOPTIMA | MEDI-CAL

### Mild-Moderate Services needed:

CalOptima Behavioral Health: [1-855-877-3885](tel:1-855-877-3885) Available 24 hours a day, 7 days a week for members seeking outpatient mental health services.

Moderate-Severe Services needed:

OC Links: [1-855-OC-Links](tel:1-855-OC-Links) or [1-855-625-4657](tel:1-855-625-4657) Provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services.

Orange County Mental Health Plan Access Line: [1-800-723-8641](tel:1-800-723-8641) Specialty mental health and/or substance use services. Available 24 hours a day, 7 days a week.

Orange County Health Care Agency (OCHCA): [www.ochealthinfo.com/bhs](http://www.ochealthinfo.com/bhs) Information on county resources.

## EMERGENCY SERVICES NEEDED

**If this is a life-threatening emergency:** [Dial 911](tel:911)

**Crisis Text Line:** [741-741](tel:741-741), text HOME to 741741. Free text support for people in crisis 24 hours a day, 7 days a week. [www.crisistextline.org](http://www.crisistextline.org)

**Didi Hirsch Suicide Crisis Hotline:** [1-877-727-4747](tel:1-877-727-4747)

Crisis prevention hotline, over-the-phone suicide prevention services:  
Available to talk 24 hours a day, 7 days a week.

**National Suicide Prevention Lifeline:** [1-800-273-TALK \(8255\)](tel:1-800-273-TALK), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Crisis Assessment Team (CAT):** [1-866-830-6011](tel:1-866-830-6011) or [1-714-517-6353](tel:1-714-517-6353)

CAT provides crisis evaluations for children and adults who are experiencing a mental health crisis, such as self-harm, suicidal thoughts, harm to others, and aggressive behaviors. Provides services in the home, school, and community 24 hours a day, 7 days a week.

[www.ochealthinfo.com/bhs/about/aoabh/catpert](http://www.ochealthinfo.com/bhs/about/aoabh/catpert)

[www.ochealthinfo.com/bhs/about/cys/crisis\\_services](http://www.ochealthinfo.com/bhs/about/cys/crisis_services)

**Should a crisis arise in the future, please take your child to the nearest emergency department.**





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[www.ochealthinfo.com/bhs/about/cys/crisis\\_services](http://www.ochealthinfo.com/bhs/about/cys/crisis_services)

**Should a crisis arise in the future, please take your child to the nearest emergency department.**

## WHAT IS SUICIDE AND WHO IS IMPACTED?

- Suicide is a serious public health problem that causes significant pain, suffering, and loss to individuals, families and communities. Sadly, suicide is one of the leading causes of death in children and adolescents.
- People often think about ending their lives when they are depressed or feel hopeless.
  - However, there can be other reasons that trigger suicidal thoughts and actions, such as break up with a partner, failing in school, being bullied, or experiencing abuse, loss, or other trauma.
- In 2016, suicide was the second leading cause of death for people ages 10 to 34.

## WARNING SIGNS OF SUICIDAL BEHAVIOR

- **Talking about...**
  - wanting to die or kill oneself
  - feeling hopeless or having no reason to live
  - being a burden to others
- **Suicide notes.** These are a very real sign of danger and should ALWAYS be taken seriously. These notes may be in the form of letters, emails, social media posts, or text messages.
- **Previous attempts.** If someone has attempted suicide in the past, they are more likely to try again.
- **Final arrangements.** This behavior may take many forms. In teens, it might be saying goodbye to friends, giving away prized possessions, or deleting profiles, pictures or posts on social media.
- **Dramatic changes.** Changes can include withdrawing from friends and family, skipping school or classes, becoming less involved in activities that were once important, avoiding others, inability to sleep or sleeping all the time, sudden weight gain or loss, and/or disinterest in appearance or hygiene.
- **Plan/method/access.** A suicidal child or adolescent may show an increased interest in guns and other weapons, may seem to have increased access to guns or pills, and/or may talk about or hint at a suicide plan.



## BEHAVIORS TO LOOK OUT FOR

- **Risky Behaviors.** Increasing the use of alcohol or drugs, showing rage or talking about seeking revenge. (Mental Health.gov)
- **Hurting oneself.** Self-injurious behaviors (e.g., cutting) are warning signs for young children as well as teenagers.

### RESOURCES

Mental Health.gov: <https://www.mentalhealth.gov/>

Centers for Disease Control and Prevention, 2015, 2017: <https://www.cdc.gov/>

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## TIPS FOR PARENTS

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- **Know the warning signs!** Read over the list on the front page and keep it in a safe place.
- **Ask your child** if they are having thoughts about killing themselves. (This will not put the idea into their head or make it more likely that they will attempt suicide.)
- **Listen without judging** and let them know you care about them.
- **Help your child** stay engaged in their usual coping activities (for example, family time, sports).
- **Stay with them** (or make sure the person is in a private, secure place with another caring person until you can get further help).
- **Remove any objects** that could be used in a suicide attempt (e.g., medications, guns, sharp knives, ropes or cords, cleaning products).
- **If danger** for self-harm or suicide seems immediate, call 911.

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### RECOMMENDED RESOURCES

- *Find a therapist*
  - CalOptima Behavioral Health: 855-877-3885
  - Insurance provider website or phone number (back of insurance card)
- *Obtain help from someone if my child is having suicidal thoughts:*
  - MHSA Suicide Prevention Line: (877) 7CRISIS or (877) 727-4747
  - National Suicide Prevention Lifeline: (800) 273-TALK or (800) 273-8255
  - Crisis Text Line 741741, type "CONNECT"
  - Call 911 or go to the nearest emergency room

## TIPS FOR KIDS AND/OR TEENS



### ***Get help!***

- If your bad feelings or pain become so overwhelming that you can't see any solution besides harming or killing yourself or others, you need to get help *right away*. If talking to a stranger seems easier for you, call **1-800-273-TALK** or text "CONNECT" to 741741.

### ***There is ALWAYS another solution, even if you can't see it right now.***

- Many people who have attempted suicide (and survived) say that they did it because they felt there was no other solution to a problem they were having or no other way to end their pain. Remember that no matter how awful you feel right now, these emotions will pass.

### ***Having thoughts of hurting yourself or others does not make you a bad person.***

- Depression can make you think and feel things that are not your real self and really just show how badly you are hurting.

### ***If your feelings are overwhelming, tell yourself to wait 24 hours before you take any action.***

- This can give you time to really think things through and to see if those strong feelings get a tiny bit easier to handle. During this 24-hour period, try to talk to someone—anyone—as long as they are not another suicidal or depressed person. Call a hotline or talk to a friend or trusted adult. Remember there are likely several solutions to whatever problem you are having.

### ***If you're afraid you can't stop yourself, make sure you are never alone.***

- Even if you can't talk about your feelings, just stay in public places, hang out with friends or family members, or go to a movie—anything to keep from being by yourself and in danger.

## **HOW YOU CAN HELP A FRIEND:**

### ***Suicide rarely happens without warning.***

- As a friend, you may be in the best position to see when a friend might need help and help them get it. You may see signs yourself, hear about them secondhand, or see something online in social media. ***Never ignore these signs. Suicide can be preventable.*** By listening, talking, and acting you could save a life.

### ***Do not be afraid to talk to your friends.***

- Listen to their feelings. Make sure they know how important they are to you. But, don't believe you can keep them from hurting themselves on your own. Preventing suicide will require help from adults

### ***Don't keep this secret.***

- Never keep secret a friend's suicidal plans or thoughts. You cannot promise that you will not tell—you have to tell to save your friend!

### ***Tell an adult.***

- Talk to your parent, your friend's parent, your school's psychologist or counselor—any trusted adult. ***Don't wait!*** Don't be afraid that the adults will not believe you or take you seriously—keep talking until they listen! Even if you are not sure your friend is suicidal, talk to someone. This is definitely the time to be safe, not sorry!

## **RESOURCES**

National Association of School Psychologists (NASP): <https://www.nasponline.org/>

# Taking Care of Yourself

During this time, you and your colleagues may be experiencing different reactions. There are several ways you can find balance, be aware of your needs, and make connections. Use this list to help you decide which self-care strategies will work for you.

- ☐ Practice brief relaxation techniques during the workday
- ☐ Check in with other colleagues
- ☐ Prepare for worldview changes that may not be mirrored by others in your life
- ☐ Increase leisure activities, stress management, and exercise
- ☐ Pay extra attention to health and nutrition
- ☐ Self-monitor and pace your efforts
- ☐ Maintain boundaries: delegate, say no, and avoid getting overloaded with work
- ☐ Pay extra attention to rekindling close interpersonal relationships
- ☐ Practice good sleep routines
- ☐ Make time for self-reflection
- ☐ Find things that you enjoy or make you laugh
- ☐ Participate in formal help if extreme stress persists for greater than two to three weeks
- ☐ Increase experiences that have spiritual or philosophical meaning to you
- ☐ Keep a journal to get worries off your mind
- ☐ Access support from colleagues routinely by sharing concerns, identifying difficult experiences and strategizing to solve problems
- ☐ Stay aware of limitations and needs
- ☐ Recognize when one is Hungry, Angry, Lonely or Tired (HALT), and taking the appropriate self-care measures
- ☐ Increase activities that are positive
- ☐ Practice religious faith, philosophy, spirituality
- ☐ Spend time with family and friends
- ☐ Learn how to “put stress away”
- ☐ Write, draw, paint
- ☐ Limit caffeine and substance use

Think of self-care as having three basic aspects:

<b>Awareness</b>	The first step is to seek awareness. This requires you to slow down and focus inwardly to determine how you are feeling, what your stress level is, what types of thoughts are going through your head, and whether your behaviors and actions are consistent with the who you want to be.
<b>Balance</b>	The second step is to seek balance in all areas of your life including work, personal and family life, rest, and leisure. You will be more productive when you’ve had opportunities to rest and relax. Becoming aware of when you are losing balance in your life gives you an opportunity to change.
<b>Connection</b>	The final step is connection. It involves building connections and supportive relationships with your co-workers, students, friends, family, and community. One of the most powerful stress reducers is social connection.



## **OCDE Crisis Response Network**

### **THINGS TO TRY:**

WITHIN THE FIRST 24 - 48 HOURS periods of appropriate physical exercise, alternated with relaxation will alleviate some of the physical reactions.

- ◇ Structure your time; keep busy.
- ◇ You are normal and having normal reactions; do not label yourself crazy.
- ◇ Talk to people; talk is one of the most healing medicines.
- ◇ Be aware of numbing the pain with the overuse of drugs or alcohol.
- ◇ Reach out; people do care.
- ◇ Maintain as normal a schedule as possible.
- ◇ Spend time with others.
- ◇ Help your co-workers as much as possible by sharing feelings and checking in.
- ◇ Give yourself permission to feel rotten and share your feeling with others.
- ◇ Keep a journal; write your way through sleepless hours.
- ◇ Realize those around you are under stress.
- ◇ Do not make any big life changes.
- ◇ Make as many daily decisions as possible that will give you a feeling of control over your life.
- ◇ Get plenty of rest.
- ◇ Do not try to fight reoccurring thoughts, dreams or flashbacks – they are normal and should decrease over time/become less painful.
- ◇ Eat well-balanced, regular meals (even if you do not feel like it).

### **FOR FAMILY MEMBERS & FRIENDS:**

Listen carefully.

Spend time with the traumatized person.

Offer your assistance and a listening ear, even if they have asked for help.

Reassure them that they are safe.

Help with everyday tasks like cleaning, cooking, and/or caring for the family.

Give them some private time.

Do not take anger or other feelings personally.

Do not tell them that they are “lucky it wasn’t worse,” as a traumatized person is not consoled by those statements. Instead, say you are sorry that such an event has occurred and you want to understand and assist.