



STRESS





Adapted from: Watson, P., Gist, R., Taylor, V. Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.



4 SOURCES OF STRESS

Inner Conflict

Life Threat

Loss

Wear and Tear



INNER CONFLICT



*Engaging / witnessing behaviors or acts that
violate your values and morals*



LIFE THREAT



*An experience that provokes fear,
helplessness, hopelessness, etc...*



LOSS



*The loss of cherished people, things, or parts
of oneself*



“WEAR AND TEAR”



Accumulation of negative feelings from all sources over time without enough rest/recovery.

This can be a combination of the other 3



SIGNS OF STRESS

*Not feeling in control of one's body, emotions
or thinking.*

Being frequently unable to fall or stay asleep.

Waking up from recurrent or vivid nightmares.

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Feeling persistent, intense guilt or shame.

Feeling unusually remorseless.

Experiencing attacks of panic, anger or rage.



*Losing memory or the ability to think
rationally.*

*Being unable to enjoy usually pleasurable
activities.*

*Losing grounding in previously held moral
values.*

*Displaying a significant and persistent change
in behavior or appearance.*



HOW CAN YOU COPE WITH THESE SYMPTOMS OF STRESS?

—
Promoting a sense of safety

Promoting a calming feeling

Feeling connected

Sense of self/self efficacy

Sense of hope


