PSYCHOLOGICAL FIRST AID;
WILDERNESS TOOLKIT
STRESS INJURIES

Objectives of first response/Emergency Medicine:

- Assess LIFE THREATS and preserve life
- Do no harm
- Stabilize and treat to mitigate future complications
- Disposition/referral to higher care

Stress Injuries are physical injuries
STRESS INJURY FORMATION

Neocortex: Rational or Thinking Brain

Limbic Brain: Emotional or Feeling Brain

Reptilian Brain: Instinctual or Dinosaur Brain

Response system overwhelmed

Emotional Connection

Helplessness
Sights

Sounds

Smells

Sensations
Stress Continuum Model

**READY**
- Effective communication
- Socially, spiritually active
- Calm and confident
- Strong, cohesive units and families
- Emotionally and physically healthy

**REACTING**
- Changes from normal behaviors
- Poor focus, loss of interest
- Irritable and pessimistic
- Temporary and mild distress

**INJURED**
- Unresolved loss, trauma, wear and tear, inner conflict
- Social isolation
- Sleeplessness and self medicating
- More severe and lasting effects

**ILL**
- Constant and disabling distress
- Depression, severe anxiety
- Symptoms get worse or get better then worse again
- Relationships and work suffer

**TO STAY MISSION READY**
- Keep fit, eat right, relax

**TO RECOVER AND BUILD RESILIENCE**
- Get adequate sleep, talk to someone you trust

**TO BEGIN HEALING**
- Talk to a chaplain, counselor, or medical provider

**TO GET HELP**
- Seek medical treatment

**STRESS REACTIONS**
- Hyper-Arousal
- Negative Mood/Cognition
- Re-experiencing
- Avoidance

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Psychological First Aid (PSA) is an evidence-formed modular approach to help in the immediate aftermath of disaster, terrorism or other significant trauma event.

Goals:

- To reduce initial distress, and thus long-term morbidity
- To foster short- and long-term adaptive functioning and coping
- Decrease arousal and re-establish safety
PSYCHOLOGICAL FIRST AID TOOLKIT

CALM

ESTABLISH SAFETY

_CONNECTION

SELF-EFFICACY

HOPE.
SAFETY

CREATE A SAFE ENVIRONMENT BY:

• Mitigating the scene as much as possible by reducing chaos and removing patients from perceived threats.

• Reflecting evidence of safety.
CREATE CALM BY:

• Calming yourself first - being the dominant nervous system.

• Emphasizing the present, the practical, and the possible.
SELF- AND COLLECTIVE EFFICACY

CREATE SELF AND COLLECTIVE EFFICACY BY:

- Involving the person in problem-solving, self-care, and rescue - Asking people what else they can do and what they should not do.

- Recognizing and reminding people or existing strengths and past experiences.
CREATE CONNECTION BY:

- Building an on-scene relationship.
- Prioritizing and helping people. Contact friends, family, loved ones (including pets) as soon as possible.
HOPE

CREATE HOPE BY:

• Reflecting specific, accurate, positive facts and predictable, realistic steps.

• Personally maintaining and communicating hope.
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STRESS FIRST AID (SFA)

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