



Search & Rescue, Stress, and the Path to Resilience

with
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RESP  **NDER**
+ ALLIANCE +



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When does stress become **stress injury**?



INDIVIDUAL STRESS CONTINUUM

GREEN READY	YELLOW REACTING	ORANGE INJURED	RED CRITICAL
Healthy Sleep	Sleep Loss	Sleep Issues/ Nightmares	Insomnia
Healthy Personal Relationships	Distance From Others	Disengaged Relationships	Broken Relationships
Spiritual & Emotional Health	Change In Attitude	Feeling Trapped	Intrusive Thoughts
Physical Health	Fatigue	Exhausted	Anxiety & Panic
Emotionally Available	Avoidance	Physical Symptoms	Depression
Gratitude	Short Fuse	Emotional Numbness	Feeling Lost or Out of Control
Vitality	Criticism	Suffering	Thoughts Of Suicide
Room For Complexity	Lack of Motivation	Isolation	Blame
Sense of Mission	Cutting Corners	Burnout	Hopelessness
	Loss of Creativity		
	Loss of Interest		

STRESS INJURY EQUATION



BATTERY SNAPSHOT

What charges the battery?

Space
Connection
Sleep
Movement
Play
Gratitude
Innovation
Mission Satisfaction



What drains the battery?

Overwhelm
Too much demand
Broken systems
Isolation
Meaningless work
Sleep deprivation
Mission exhaustion



Potentially Traumatizing Events (PTEs)

PERSONAL IDENTIFICATION

Family Contact
Personal Connection
Duty to Act

OVERWHELM

First Time Exposure
Extreme of Exposure
Complexity of Incident

HELPLESSNESS & ISOLATION

Overwhelmed/Depleted
Mission Injury
Incidents Involving Children

What are the risks?

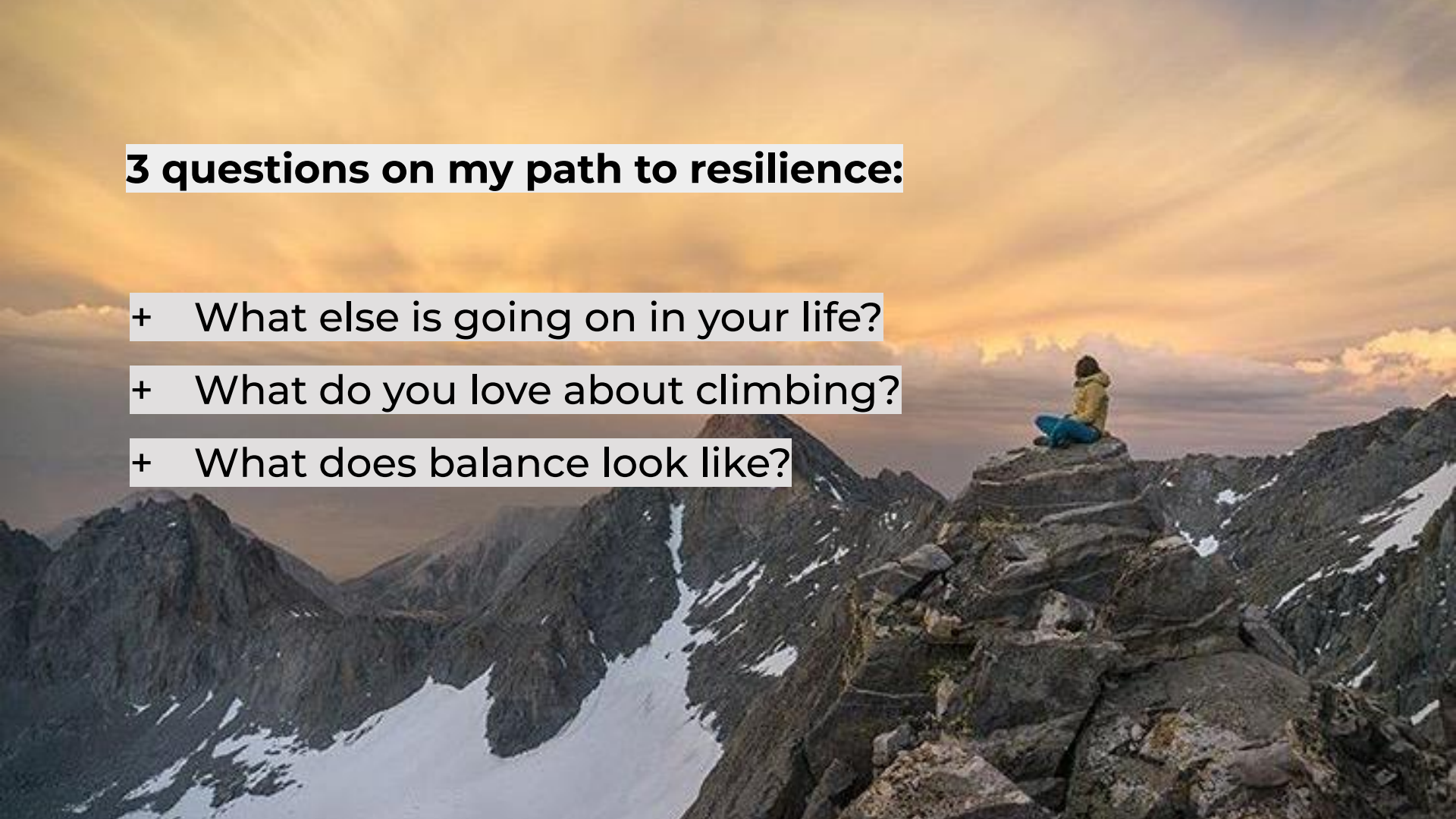
- + ↓ Physical health & wellbeing
- + ↓ Capacity
- + Burnout
- + And more





3 questions on my path to resilience:

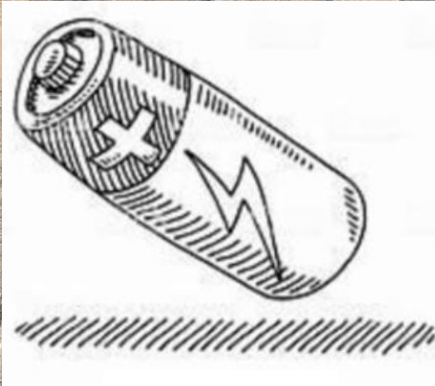
- + What else is going on in your life?
- + What do you love about climbing?
- + What does balance look like?



INDIVIDUAL STRESS CONTINUUM			
GREEN READY	YELLOW REACTING	ORANGE INJURED	RED CRITICAL
Healthy Sleep Healthy Personal Relationships Spiritual & Emotional Health Physical Health Emotionally Available Gratitude Vitality Room For Complexity Sense of Mission	Sleep Loss Distance From Others Change In Attitude Fatigue Avoidance Short Fuse Criticism Lack of Motivation Cutting Corners Loss of Creativity Loss of Interest	Sleep Issues/ Nightmares Disengaged Relationships Feeling Trapped Exhausted Physical Symptoms Emotional Numbness Suffering Isolation Burnout	Insomnia Broken Relationships Intrusive Thoughts Anxiety & Panic Depression Feeling Lost or Out of Control Thoughts Of Suicide Blame Hopelessness
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Awareness

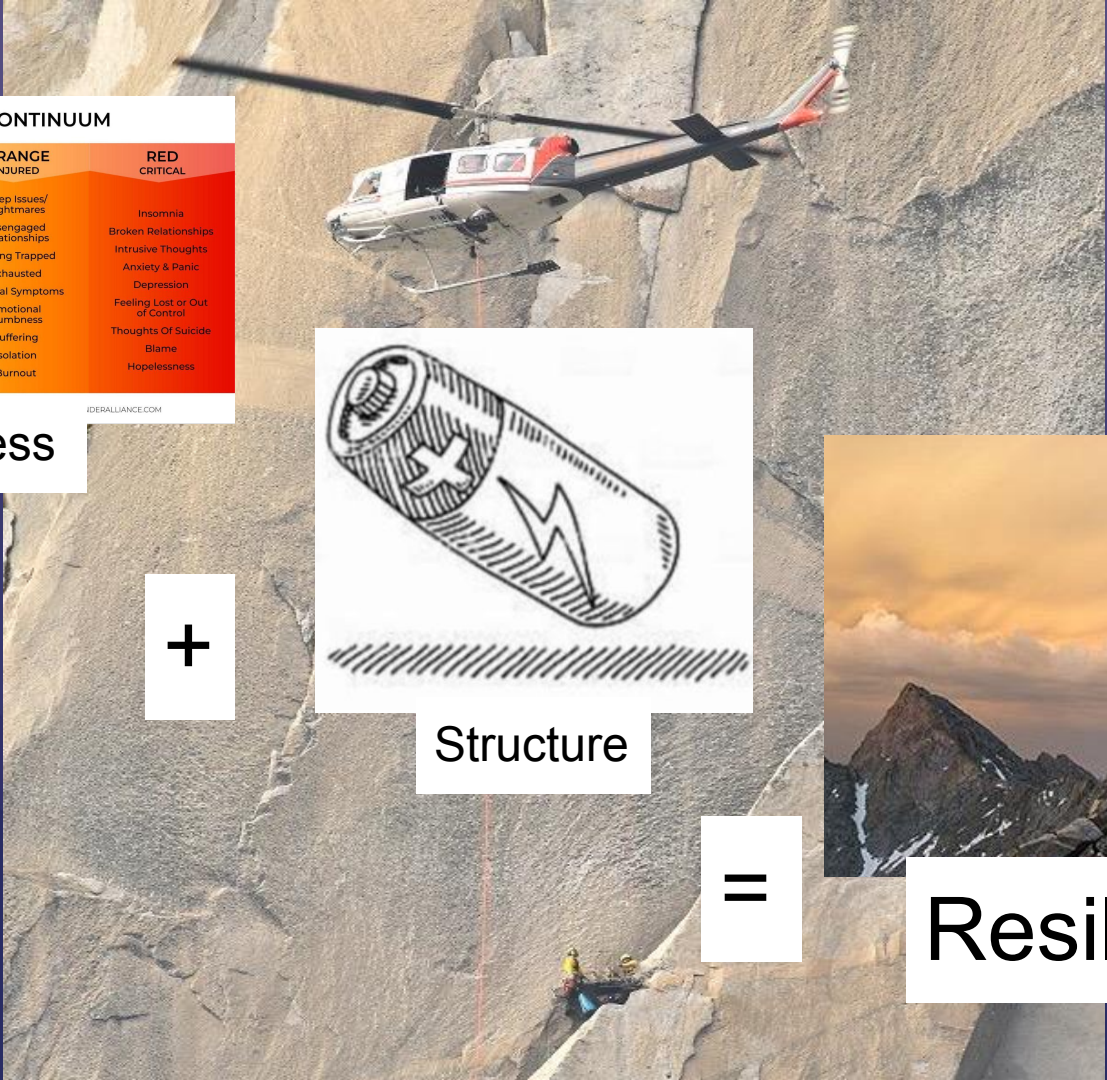
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Structure

=

Resilience



Action Steps for Resilience:

- 1. Standardize stress injury risk awareness.**
- 2. Utilize stress continuum check-ins to maintain internal situational awareness.**
- 3. Establish structure to support staff after exposure to PTEs.**