

Please be aware of these signs and symptoms in exposed individuals:

Physical	Intellectual/Cognitive	Emotional	Behavioral	Spiritual
Fatigue	Decision Making	Excessive Emotion	Numbing	Blaming/feeling abandoned by God
Digestive Problems	Problems	Mood Swings	Shutting Down	Difficulty Praying
Headaches	Loss of Concentration	Increased Irritability	Risk-taking	Obsessing on Fate
Sleeping Difficulties	Confusion	Anger	Drinking	Extreme Religiosity
Eating Habits–Weight	Forgetfulness	Sadness	Substance Abuse	A change in views of God, your life or your world
High Blood Pressure	Low Productivity	Fear and Worry	Driving Fast/Angry	
Loss/Decrease Libido	Negative Attitude	Loneliness-Isolation	Extramarital Affairs	
	Loss of Sense of Humor	Crying Spells		

These Signs and Symptoms are **Normal** if they are:

- 1) Non-persistent
- 2) Non-intrusive

These Signs and Symptoms are a **Warning** if they are:

- 1) Intermittent
- 2) Mildly Intrusive

These Signs and Symptoms are **Trouble Indicators** if they are:

- 1) Persistent
- 2) Intrusive/Disruptive

## SHIFT: Supporting Heroes In Mental Health Foundational Training



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# Resiliency Tools Menu

Personal Techniques	Team Techniques
<p><u>Individual workplace solutions</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Careful location of family images and photos</li> <li><input type="checkbox"/> Tailoring and beautifying personal space</li> <li><input type="checkbox"/> Making space comfortable and ergonomic</li> <li><input type="checkbox"/> Using inspirational images</li> <li><input type="checkbox"/> Educating colleagues (not kiddie porn, etc.)</li> </ul> <p><u>Individual personal decisions</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Exercise every day</li> <li><input type="checkbox"/> Eating healthier and more water</li> <li><input type="checkbox"/> Enough and better sleep</li> <li><input type="checkbox"/> Going to the dentist/doctor regularly</li> <li><input type="checkbox"/> Management of exposure and breaks</li> <li><input type="checkbox"/> Work to home &amp; home to work transitions</li> <li><input type="checkbox"/> Cultivate social life in- and outside work</li> <li><input type="checkbox"/> Have interests outside work</li> <li><input type="checkbox"/> Get in touch with nature</li> <li><input type="checkbox"/> More laughter</li> <li><input type="checkbox"/> Self-education (self-help)</li> <li><input type="checkbox"/> Relaxation techniques</li> <li><input type="checkbox"/> Accept help when offered</li> <li><input type="checkbox"/> Seeking professional assistance if and when needed* (see below)</li> </ul> <p><u>Friends and family</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Talk to spouse about job (not graphic content)</li> <li><input type="checkbox"/> Talk to spouse about warning signs</li> <li><input type="checkbox"/> Develop code word with spouse</li> <li><input type="checkbox"/> Talk to spouse about intrusive thoughts</li> <li><input type="checkbox"/> Talk to spouse about vigilance/hypervigilance</li> <li><input type="checkbox"/> Assure kids of positive role/not cause of any moods</li> <li><input type="checkbox"/> Answer any questions kids may have</li> <li><input type="checkbox"/> Talk to friends about job – warning signs</li> </ul>	<p><u>Team environment</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Respect collective space and equipment (e.g. care, cleanliness, etc.)</li> <li><input type="checkbox"/> Get to know coworkers</li> <li><input type="checkbox"/> Do informal events together               <ul style="list-style-type: none"> <li>o Eat lunch together</li> <li>o Celebrate life events</li> <li>o Celebrate successes!</li> <li>o Have fun outside of work</li> </ul> </li> <li><input type="checkbox"/> Use appropriate humor generously</li> <li><input type="checkbox"/> Pay attention (like vs. care)</li> <li><input type="checkbox"/> Check in with others as necessary</li> <li><input type="checkbox"/> Offer assistance as appropriate</li> <li><input type="checkbox"/> Accept help</li> <li><input type="checkbox"/> Speak up!</li> </ul> <p><u>Workplace environment</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Good location (not dungeon)</li> <li><input type="checkbox"/> Not isolated</li> <li><input type="checkbox"/> Regular Breaks</li> <li><input type="checkbox"/> Enhance comfort of office space               <ul style="list-style-type: none"> <li>o Paint</li> <li>o Lighting</li> <li>o Personal audio</li> <li>o Television</li> <li>o Family Photos</li> <li>o Motivational wall hangings</li> <li>o Posting of accomplishments (e.g. wall of shame)</li> </ul> </li> </ul> <p><u>Workplace flexible policy solutions</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Modification of dress code</li> <li><input type="checkbox"/> No cp last hour of day</li> <li><input type="checkbox"/> Come in late or leave early occasionally if need to</li> <li><input type="checkbox"/> Temporary duty breaks (working on other cases/units)</li> <li><input type="checkbox"/> One wellness day off a month/quarter</li> <li><input type="checkbox"/> Choice to join or leave unit (when possible) with no penalties</li> </ul>

## Finding a mental health professional

- Someone who knows what you do & has experience working with trauma
- Interviewing more than one candidate
- Know what questions to ask
- Addressing Confidentiality (Guide)
- Know the problems you might face
- Meeting your MHP half way