

# Thriving

“Pre-Fire Planning”

“In The Zone”

Prevention and Preparation

Living your best life

When someone asks: “You good?”, you say: “Yes”, and really mean it

Appropriate expression and duration of feelings after tough calls (sadness, grief, surprise, relief, anger, humor); 2 weeks to 1 month

Calm and steady with minor mood fluctuations

Able to take things in stride

Consistent performance

Able to take feedback and to adjust to changes of plans

Able to focus

Able to communicate effectively

Normal sleep patterns and appetite

“All Clear”

# Struggling

“Smoke Showing”

Not on my “A-Game”

Pattern of calling out sick to work

Not finishing reports on time

Thoughts/memories about tough calls that seem to linger longer than normal

Inability to raise concerns- “I know something is wrong, I just don’t know how to say it”; Delaying reaching out for help, or not knowing where to go

Sudden lack of confidence in training or preparation

Intense need to seek personal information about patients on social media to learn outcomes

Nervousness, sadness, increased mood fluctuations

More easily overwhelmed or irritated

Increased need for control and difficulty adjusting to changes; Relationship difficulties at work and home

Trouble sleeping or eating; Muscle tension, low energy, headaches

Activities and relationships you used to enjoy seem less interesting or even stressful

# Surviving

“Strike Another Alarm”

Avoiding the kitchen table; Isolating from your crew after calls or withdrawal from family/friends

Pervasive blame, self-doubt, or regret over missed saves or perceived/actual mistakes on calls

Loss of sense of humor;

Emotional numbness- can’t cry, laugh, or have fun- even when you want to

Dreading hearing tones drop; Delay in responding (slow to get on the truck); Not wanting to be first due; Sudden distrust of crew/leadership

Restless, disturbed sleep, night sweats; Dreaming about previous calls; Seeing loved ones’ faces on patients at calls

Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness

Fatigue or exhaustion; Poor performance and difficulty making decisions or concentrating; Aches and pains with no discernable cause

Self-medicating with substances (alcohol, pills, steroids, testosterone), food, or other numbing activities (sex/pornography, exercise, Internet use, gambling, excessive spending)

# In Crisis

“Mayday”

Dreading going to work or wanting to quit a job you once loved

Erratic/overly heroic actions on calls, behavior out of SOP/SOG; Careless mistakes/inability to focus; Not wanting to wear protective gear

Easily enraged or aggressive- Anger replaces many other emotions

Use of dark humor, once common, now strikes a nerve

See/hear things on calls that others do not, that don’t make sense, or might not be logical

Avoiding locations where difficult calls occurred; Panic attacks

Nightmares or flashbacks- Afraid to go sleep because of horrific dreams, night sweats

Intrusive thoughts/re-experiencing distressing memories about bad calls that won’t go away

Hopelessness; Thoughts of self-harm or suicide, or harming others

Feeling numb, lost, or out of control; Withdrawal from relationships and isolation

Dependence on substances, food, or others listed

2<sup>nd</sup> Alarm Project Wellness App, Go-to Self Care Activities

Peer Support

2<sup>nd</sup> Alarm Project Telehealth Counseling (850) 771-FIRE

Thoughts of harming self/others 9-1-1, 1-888 -273-8255



## Firefighter Stress Size Up

Adapted from: NFFF. (2013). Stress First Aid...