



STRESS FIRST AID

READY: Thriving

"I've got this"

Calm and steady
Sense of mission
Spiritually, physically and emotionally healthy
Emotionally available
Able to focus
Able to communicate effectively
Normal appetite
Healthy sleep
Sense of joy/vitality
Room for complexity

REACTING: Surviving

"Something isn't right"

Nervousness, sadness, increased mood fluctuations
More easily overwhelmed and irritated
Work avoidance
Loss of interest or motivation
Distance from others
Short fuse
Loss of creativity
Fatigue/Weariness
Trouble sleeping & eating
Distress feels short-term

INJURED: Struggling

"I can't keep up"

Persistent fear, anxiety, anger or pervasive sadness
Isolation/avoiding interaction
Sleep disturbances/ bad dreams
Feeling trapped
Distant from life
Exhausted
Physical symptoms
Persistent shame, guilt or blame
Disengaged
Distress is cumulative, ongoing

CRITICAL: In Crisis

"I can't survive this"

Hopelessness, anxiety, panic or depression
Intrusive thoughts
Feeling lost or out of control
Insomnia, nightmares
Thoughts of suicide or self-harm
Hiding out
Easily enraged or aggressive
Broken relationships
Dependence on substances, food or other numbing

INDIVIDUAL RESPONSIBILITY

COMMUNITY, FAMILY, COLLEAGUE RESPONSIBILITY

CARE OR MEDICAL PROVIDER RESPONSIBILITY

WHAT TO DO

Exercise, nourish, relax, embrace family & social connections



BeWell

Talk to trusted individuals: friend, family, leader, or peer supporter



Text "PSH Staff Support Hotline"

OR CALL 717-531-3600

Talk to counselor, therapist, or medical provider; Supportline EAP

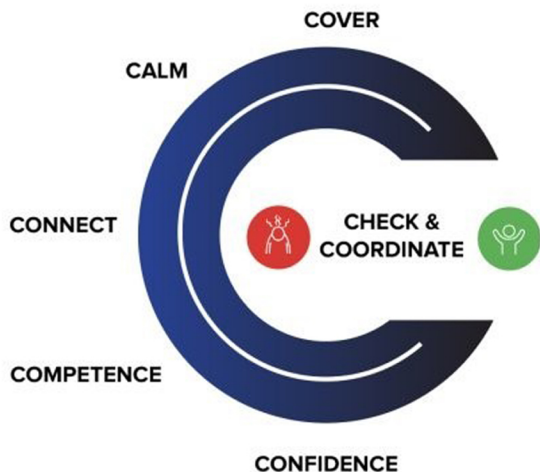


supportline
EMPLOYEE ASSISTANCE
AVAILABLE 24/7/365

Seek immediate mental health treatment
National Mental Health Crisis Line:

988

The Seven Cs of Stress First Aid.



Check: Assess: Observe and listen.

Coordinate: Get help. Refer as needed.

Cover: Get to safety ASAP.

Calm: Relax, slow down, refocus.

Connect: Get support from others.

Competence: Restore effectiveness.

Confidence: Restore self-esteem and hope.