

# Resilient Minds

November 2020

## Normal Reactions to Abnormal Events

Individuals experience a wide range of reactions immediately after a traumatic event, and some reactions will have a long-term effect on the body. The good news is, these reactions often resolve naturally when we take steps to aid repair and recovery. (CMHA, 2017)

These reactions can include: irritability, frustration, poor concentration, helplessness, and loss of motivation, to name a few.

Find helpful and healthy coping mechanisms and activities that work for you, to lean on when you feel signs of distress.

### Behavioral

- Meditate, cook, and volunteer.

### Emotional

- Listen to music, vent, and talk.

### Cognitive

- Plan, problem solve, and journal.

### Physical

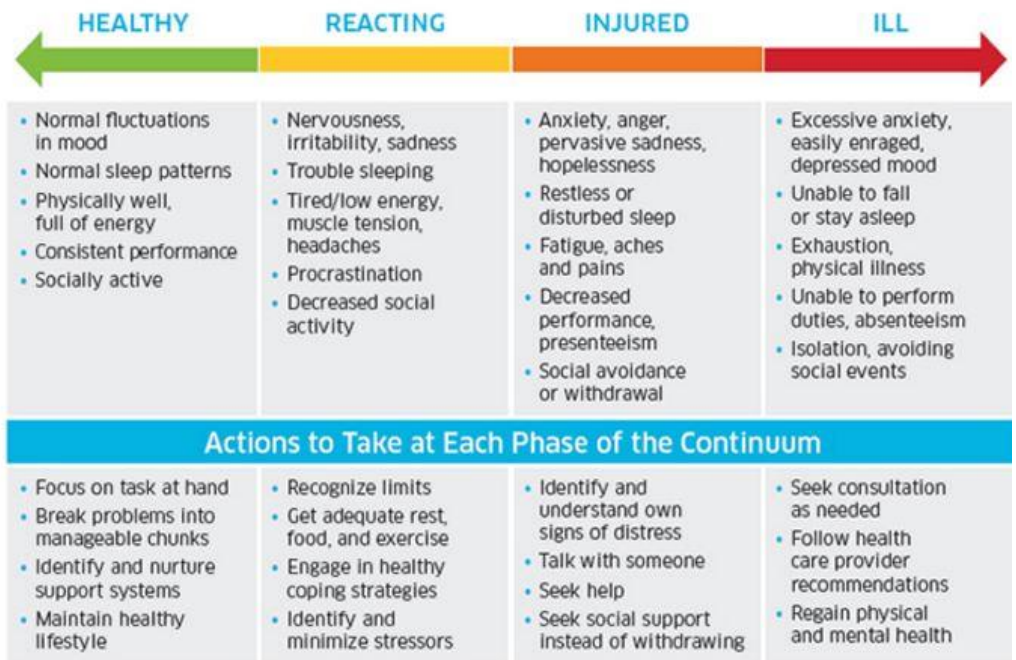
- Gym, walk, rest, and breathe (box breathing).

# LFR M.E.D.S.

## Building the Psychological Strength of Firefighter

The Mental Health Continuum Model is a spectrum, which we will move up and down throughout our life and career. This is not a diagnostic tool, however it is a great awareness resource to see where we are at mentally.

### MENTAL HEALTH CONTINUUM MODEL



The Resilient Minds program created and uses the 4R Action Toolkit to build awareness, promote early recognition, and build a framework for support. This is a cycle that we should continuously be practicing to better our reaction to stressors.

