

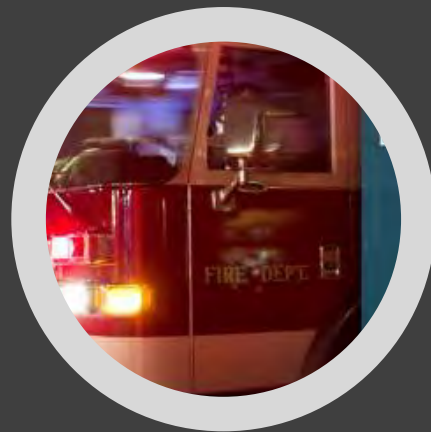
Psychological First Aid & Resilience Webinar One

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Psychologist & Director



THE
CODE
FOUNDATION
#YOUARENEVERALONE



Three Webinars

- Psychological first aid techniques
- Family psychological first aid support
- Resilience for first responders & family





Webinar Protocols

Virtual Communication:

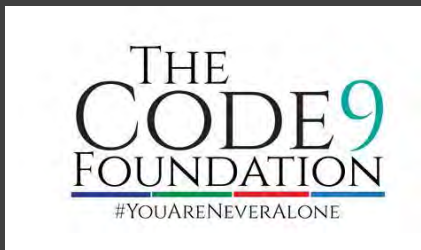
- Mute your microphone
- Polls to gain feedback
- Chat room
- Q. & A. during the session and at the end

Take Notes..

Yes – do This technique	New Technique

Our Goals - Webinar One

- Psychological first aid techniques that First Responders can apply prior, during and after a traumatic event & when dealing with a COVID-19 crisis situation
- Talking with my mate
- Professional Therapy options
- E-Help and ongoing support from Code 9



An illustration of a person's torso, showing the ribcage area. A large, light-colored bandage is wrapped around the chest, covering the ribs. The bandage has a blue border. The person's arms are visible, and they appear to be holding the bandage in place. The background is a dark, muted color.

Bruised Ribs



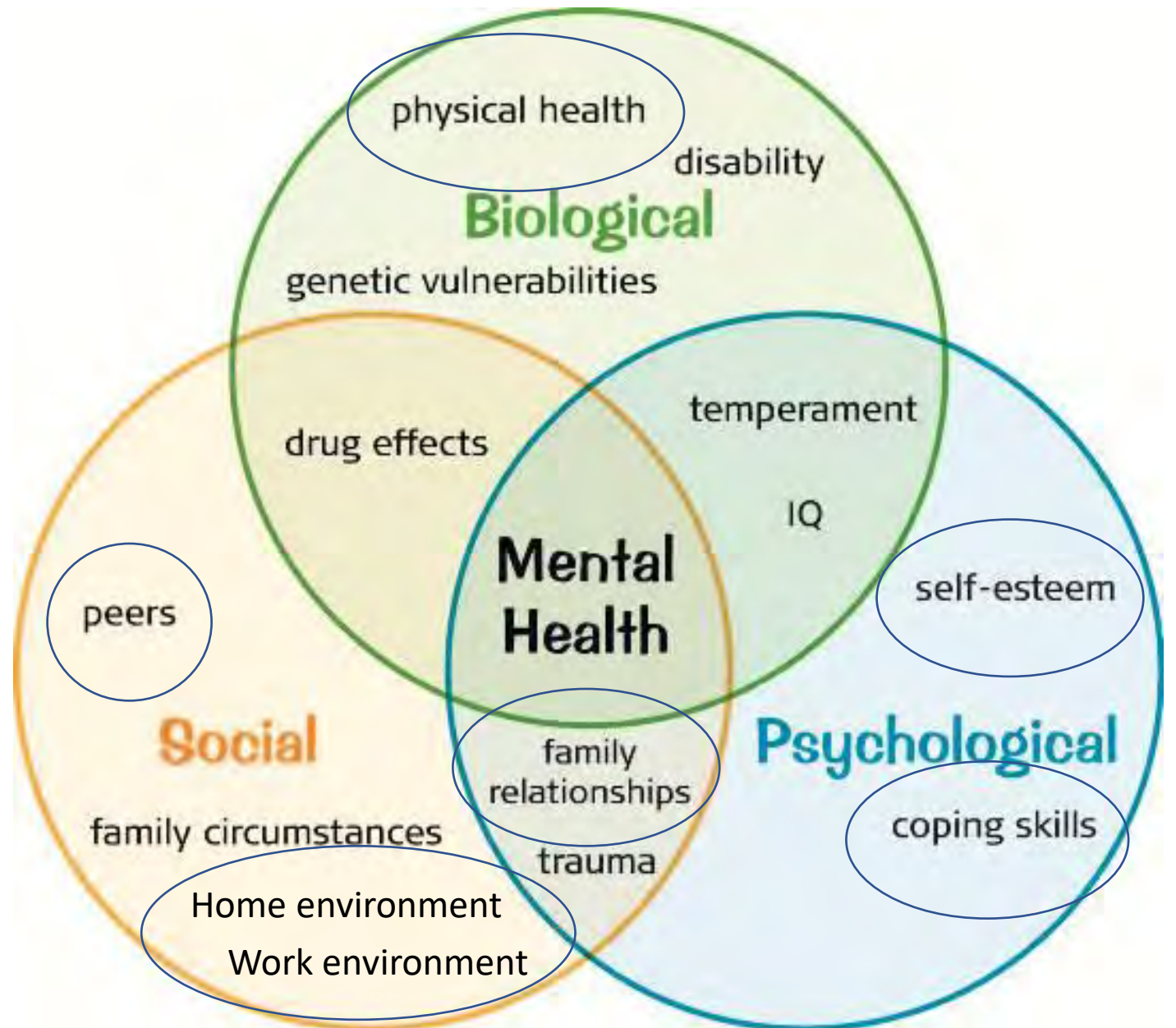
Injured Mind

Mental Health Model

Biopsychosocial (BPS) model

Psychological First Aid

Aims to support people in achieving a good level of mental health after a traumatic event



(Engel, 1977)



**EMERGENCY
STOP**

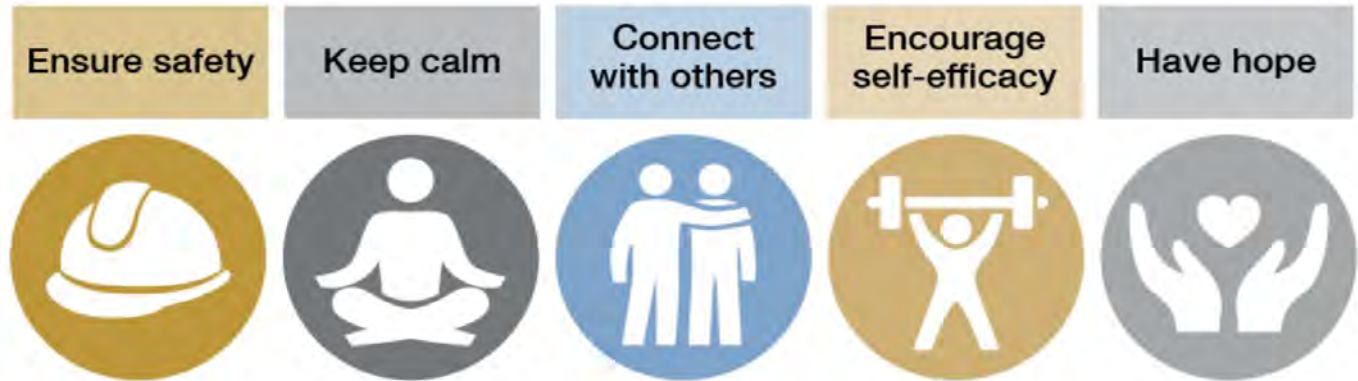
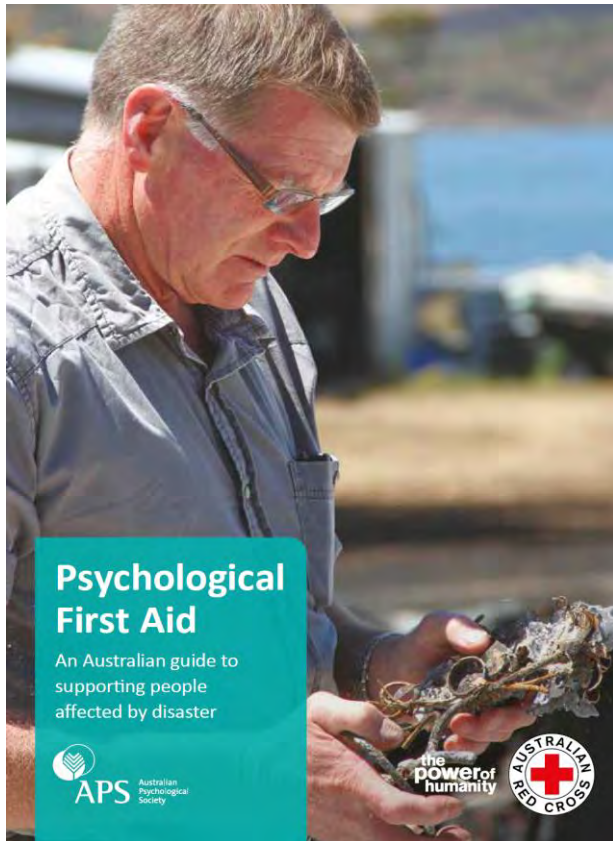
Psychological First Aid – “Is NOT” ...

Psychological first aid is:

- NOT debriefing
- NOT obtaining details of traumatic experiences and losses
- NOT treating
- NOT labelling or diagnosing
- NOT counselling
- NOT something that only professionals can do
- NOT something that everybody who has been affected by an emergency will need.

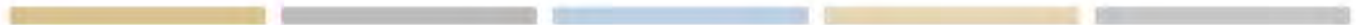
Purpose of Psychological First Aid

Can be applied to First Responders, Families & Children



Purpose of Psychological First Aid

Can be applied to First Responders, Families and Children



"Mindfulness for Warriors is a must-read for veterans, first responders, and all who walk the way of the warrior."

—Rev. Roxanne Pendleton, author of *Laughing Again: A Survivor's Guide to Healing Depression*

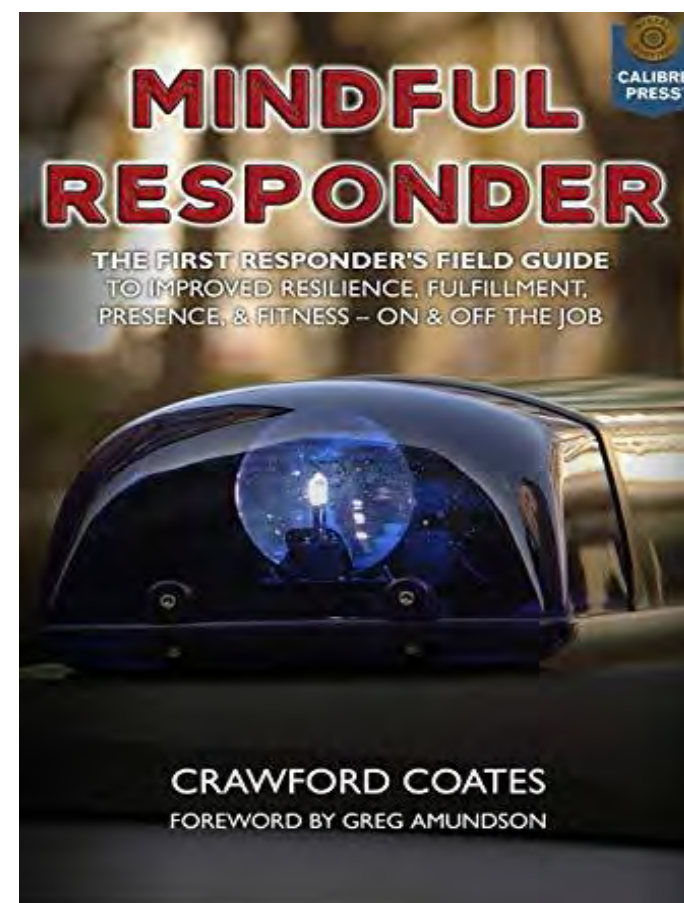
MINDFULNESS for WARRIORS



*Empowering
First Responders
to Reduce Stress and
Build Resilience*

KIM COLEGROVE

Foreword by Becca Anderson, author of *Real Life Mindfulness*



Calm your Mind

Catastrophe thinking...

- This is terrible
- This is never going to end
- This is overwhelming
- I cannot control the pain
- This is worse than I thought
- I can't stand it anymore
- I feel like I can't go on



ANTS – Inside our Head

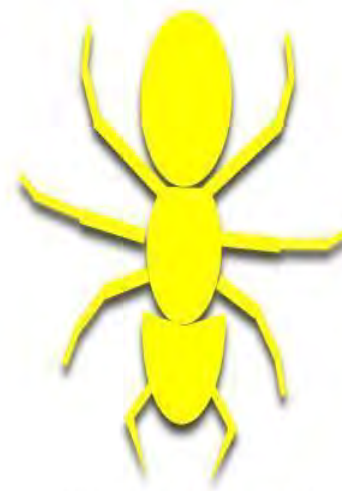
- Shame
- Guilt -Beating up oneself
- Blame – It's all my fault!
- Blame others – its all their fault..
- Self critical – I'm not good enough! I stuffed up...
- Negative - Judgmental of others
- Self doubt
- Self Stigma

Self-stigma – a fear of what others may think or an inability to talk openly about personal feelings and circumstances. (Beyond Blue 2018)

AUTOMATIC NEGATIVE THOUGHTS



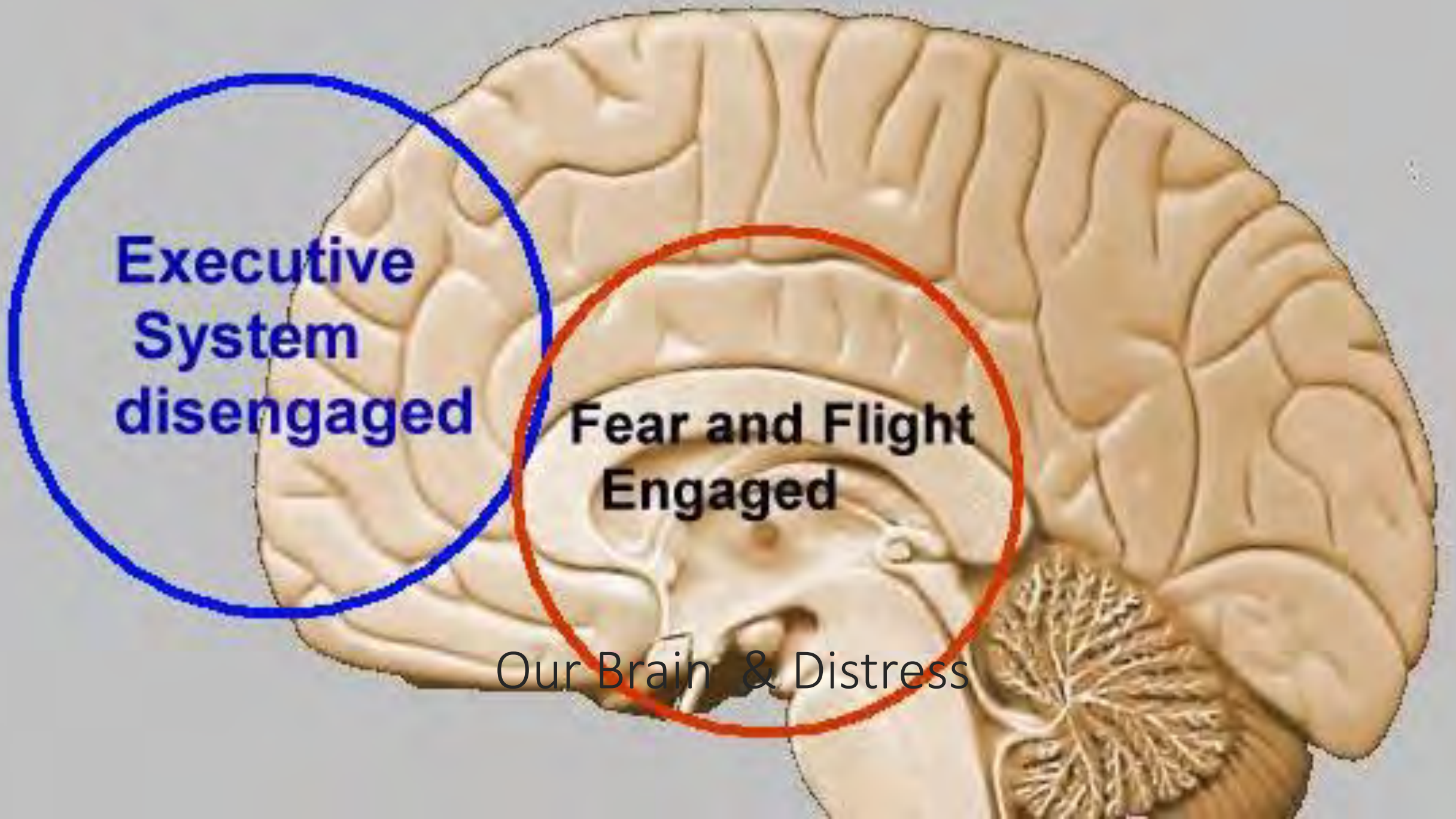
I hate _____!



What if I fail?



I'm not _____ enough.



**Executive
System
disengaged**

**Fear and Flight
Engaged**

Our Brain & Distress

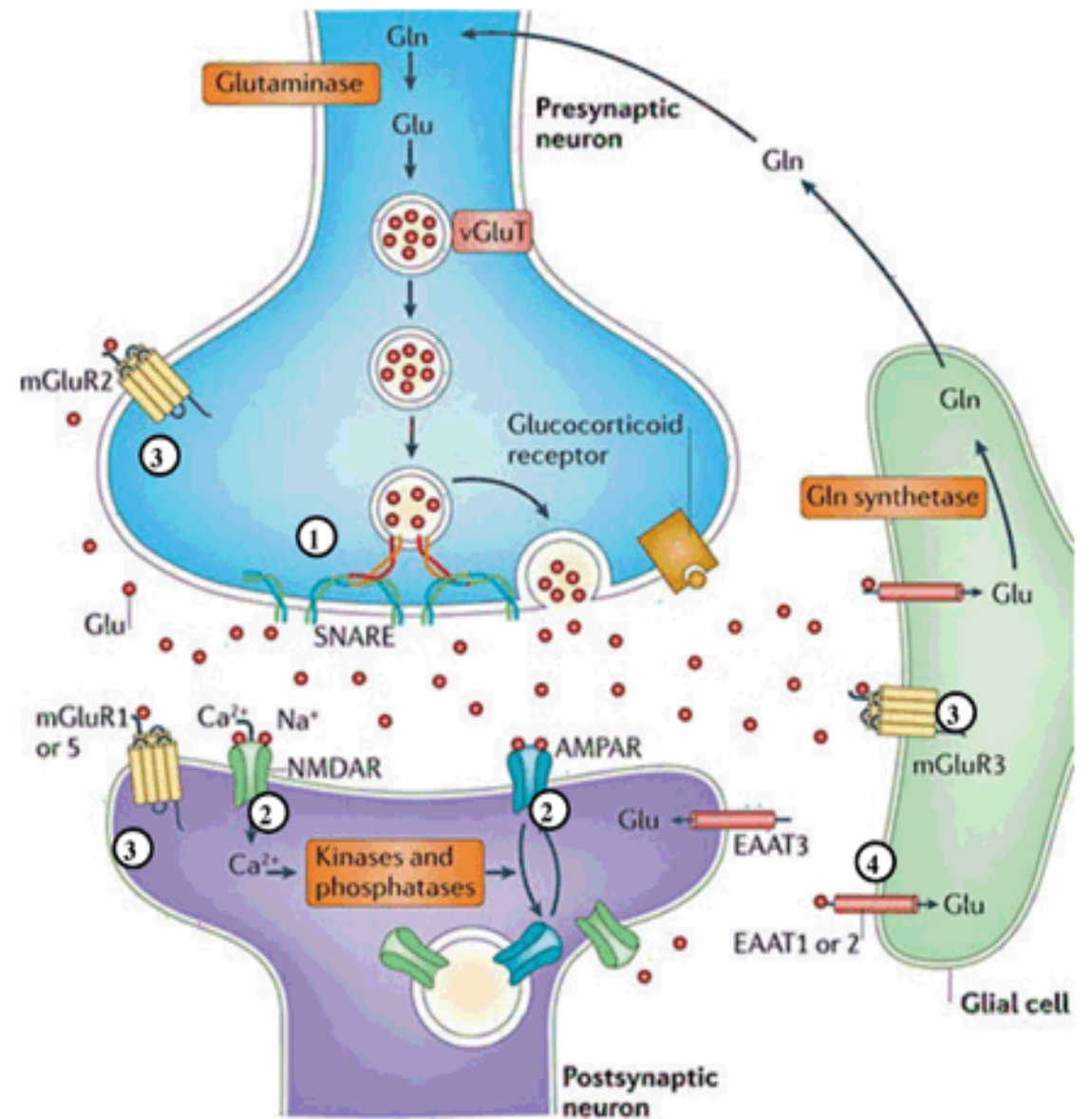
“Between stimulus and response there is a space.

In that space is our power to choose our response, your thoughts.

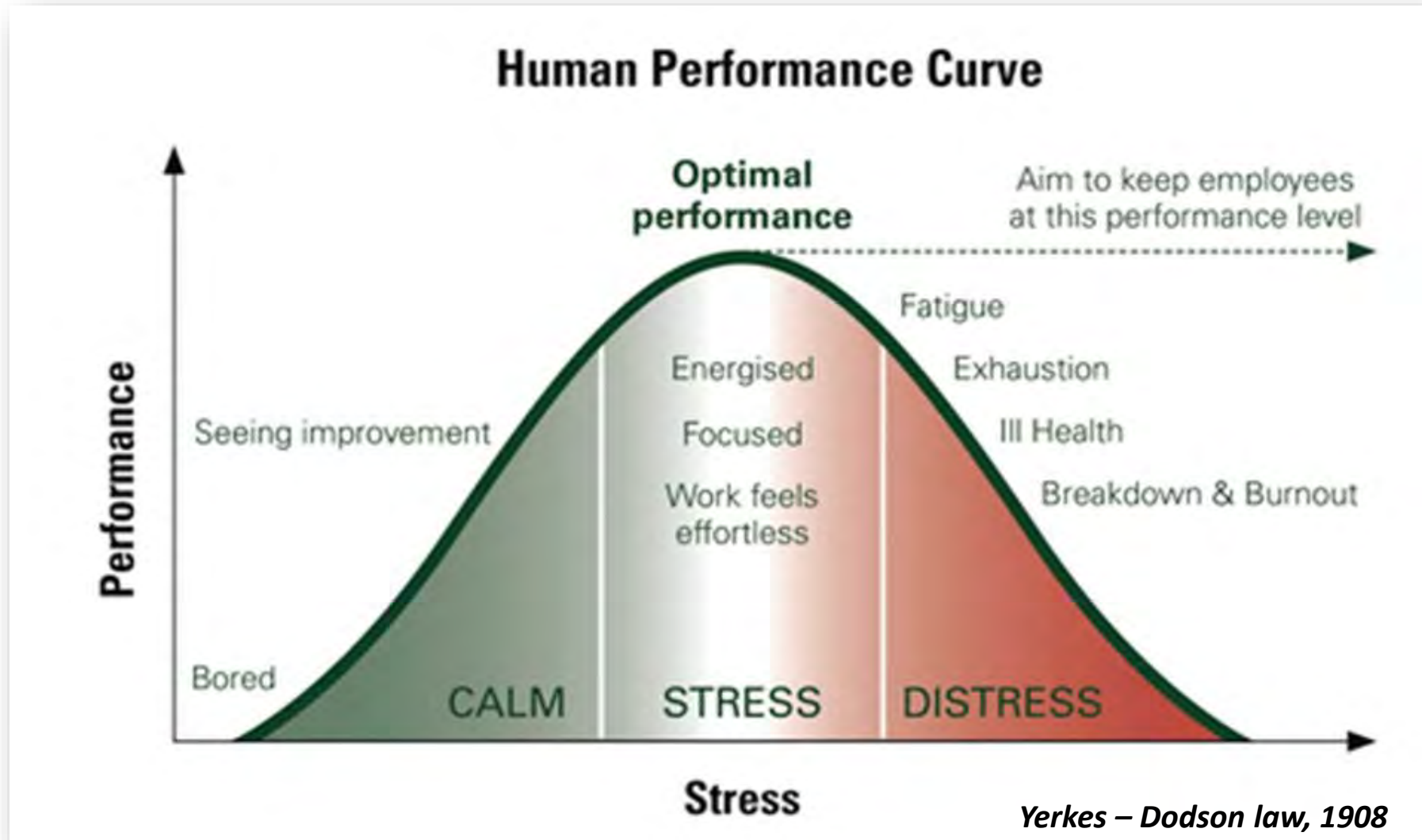
In our response lies our growth and our freedom.”

- Viktor Frankl

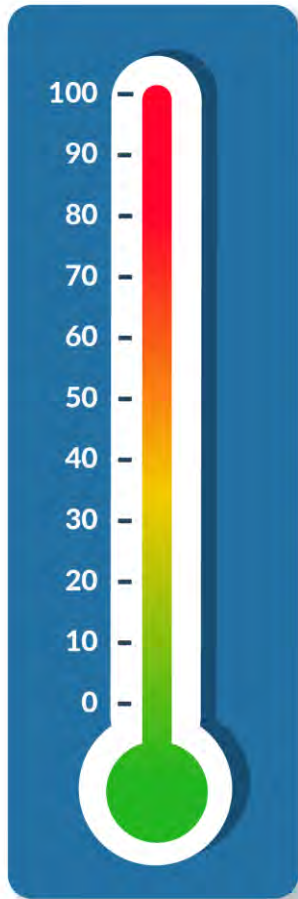
STRESS



Optimal Performance requires Stress



SUDS – subjective units of distress scale



- 100 Highest anxiety/distress that you have ever felt.
- 90 Extremely anxious/distressed.
- 80 Very anxious/distressed; can't concentrate. Physiological signs present.
- 70 Quite anxious/distressed; interfering with functioning. Physiological signs may be present.
- 60 Moderate-to-strong anxiety or distress.
- 50 Moderate anxiety/distress; uncomfortable, but can continue to function.
- 40 Mild-to-moderate anxiety or distress.
- 30 Mild anxiety/distress; no interference with functioning.
- 20 Minimal anxiety/distress.
- 10 Alert and awake; concentrating well.
- 0 No distress; totally relaxed.

A hand holding a magnifying glass over a path in a park. The magnifying glass is held in the foreground, and the path is visible through the lens. The background is a blurred green landscape with trees and a path.

If I become
Anxious

Reflect
Review
Re-Focus

1. **Breathe slowly**
2. **Physically Stretch**
3. **Focus on a distant object, describe it in detail**
4. **Re-Focus on your hands**
5. **Accept where you are**
6. **Review your goals and priorities for the day**
7. **Re-focus on what's important to you**
8. **Re-focus on your slow breathing**
9. **Affirm who you are: say to yourself - "I'm Ok, It will be Ok."**

Create a safe place for yourself

We give so much to others: what about me!

Traumatic events impact our amygdala and changes our experience and thinking of personal space

COVID-19 has added to this dilemma of personal space



Re-Create your own personal bubbles (space)
In your home, work, and mind
“Happy place”

(Daniels et al, 2009)

Are you taking your **MEDS** for
Mental Health ...

(Meditation, Exercise, Diet,
Sleep)

Focus on these four goals:

Meditation – mental training

Exercise – physical training

Diet – Increase healthy energy food

Sleep – recharge and clear away toxins from distress



MENTAL HEALTH AWARENESS

SELF-CARE FOR
FIRST RESPONDERS

STEPHANE MILKNAY
MARC LAFONTAINE

Exercise and mental discipline together



<https://www.awaken.com/2019/10/yoga-for-first-responders-gives-back-to-the-people-who-keep-us-safe-everyday/>

Foods That Reduce Stress



blueberries



nuts & seeds



avocado

dark chocolate



carrots



leafy greens



coldwater fish



lemon balm tea



grapefruit & pink grapefruit

Diet &
Sustainable
High
Performance

Sleep

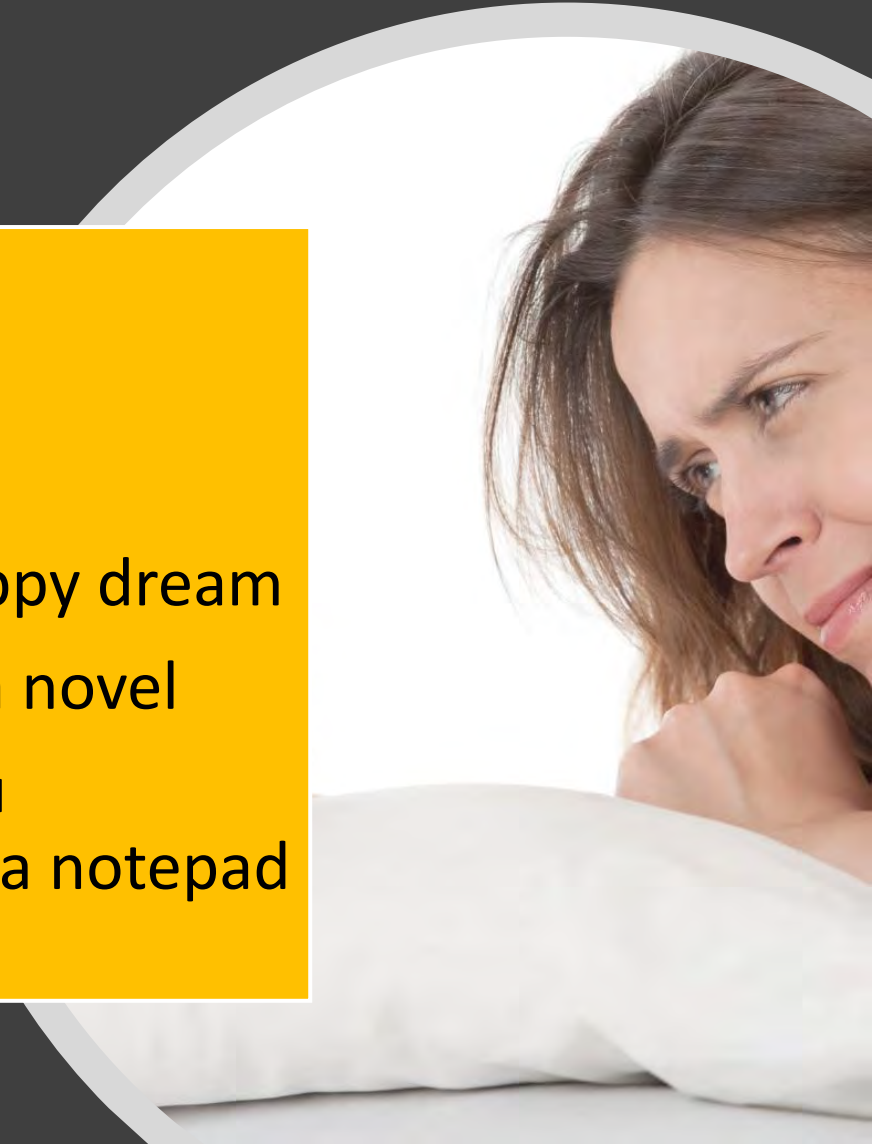


Prepare for Sleep

- Makes notes or discuss plans for next day
- Rest – do relaxing activities, hobby, pleasure activities for two hours before going to bed
- Slow down use of electronics, ie. mobile phone, etc
- Create a ritual for going to bed

If you wake up:

- Slow down breathing
- Mindfulness exercise
- Imagine yourself in a happy dream
- Distract yourself – read a novel
- Write worries/things you remember in sleep onto a notepad



NAME 3 THINGS.



YOU SEE



YOU SMELL



YOU HEAR



YOU FEEL

Calm your mind

Slow breathing exercises, Yoga, Mindfulness,
Ground yourself

Grounding Techniques

1. Take your shoes off, feel your feet on the ground
2. Count back from 20
3. Focus on the feeling and sensations of the ground's surface.
4. Notice the sounds around you
5. Name three things
6. Feel the wind
7. Feel safe and at peace with yourself and the ground

Develop Self Regulation

Our ability to regulate our emotions and behaviour



Self-Regulation

Practical techniques to self regulate:

- Focus on breathing and body sensations
- Meditation/mindfulness exercise training
- Label the feelings you have
- Vent – express the emotions and talk it out (short burst)
- Brush it off/Shake it off
- Write it out
- Fast Walk/Run - Burn it off
- Reframe the experience

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

THE ACTIONS OF OTHERS

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

I CAN CONTROL

(So, I will focus on these things.)

MY POSITIVE ATTITUDE

HOW I FOLLOW CDC RECOMMENDATIONS

MY OWN SOCIAL DISTANCING

TURNING OFF THE NEWS

LIMITING MY SOCIAL MEDIA

MY KINDNESS & GRACE

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW OTHERS REACT



Make a list of what you can control in your life...

Do this with your family

Self Efficacy needs
to be reset after
trauma

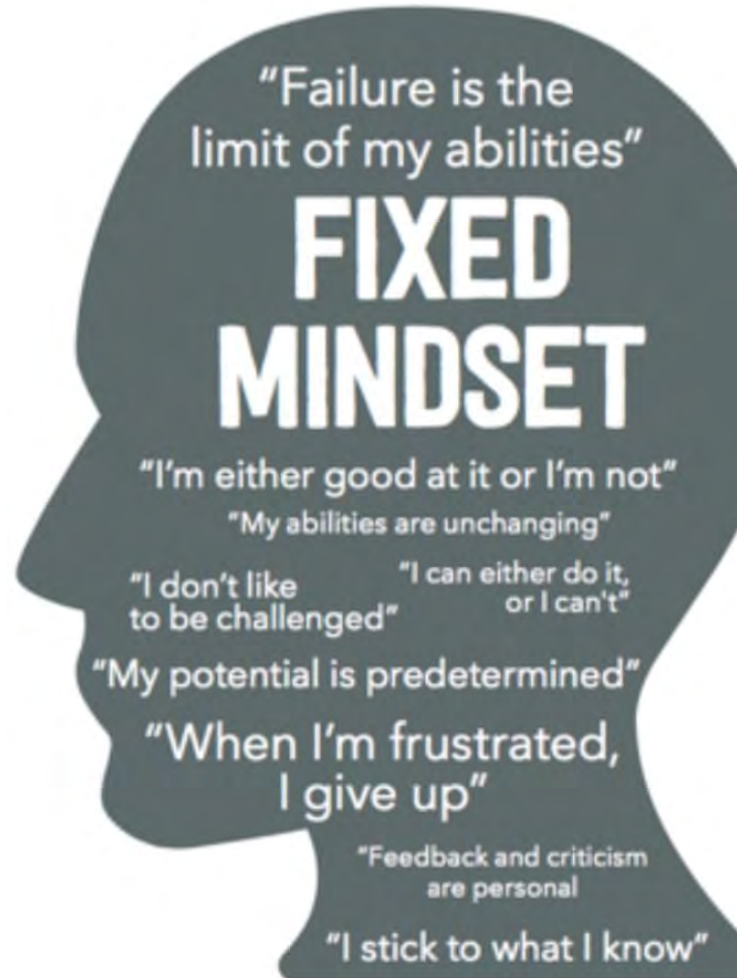
Mastery of your
experiences.
Have a strong role
model/mentor.
Positive and
encouraging peer
support.
Growth mindset.



Self-efficacy is the belief in one's ability to influence events that effect one's life and control over the way these events are experienced

(Bandura, 1994)

Growth Vs Fixed Mindset





How to get my self-efficacy back..

Develop a Growth Mindset

- Internal voice – (I think I can...)
- “I can bounce back, I want to still do my job, still be there for my family” (optimism)
- Remind yourself of your skills and strengths –make a list for yourself
- What strengths will get me through the day...
- Be willing to adapt and open to learn
- Accept mistakes as learning, not failure.

(Carol Dweck, 2007)



How to reset self efficacy after trauma

- Set yourself short term goals – practical actions to do
- Do tasks you like to do
- Learn – activate the brain to think
- Practice Training – work skills session; re-affirm your skills
- Accept mistakes, accept you are in re-training mode
- Focus on effort first, not results
- I did it, I worked at it...

Connect

- Peer Support - Tribe mentality
- Family support
- Social events
- Hobby or sports groups

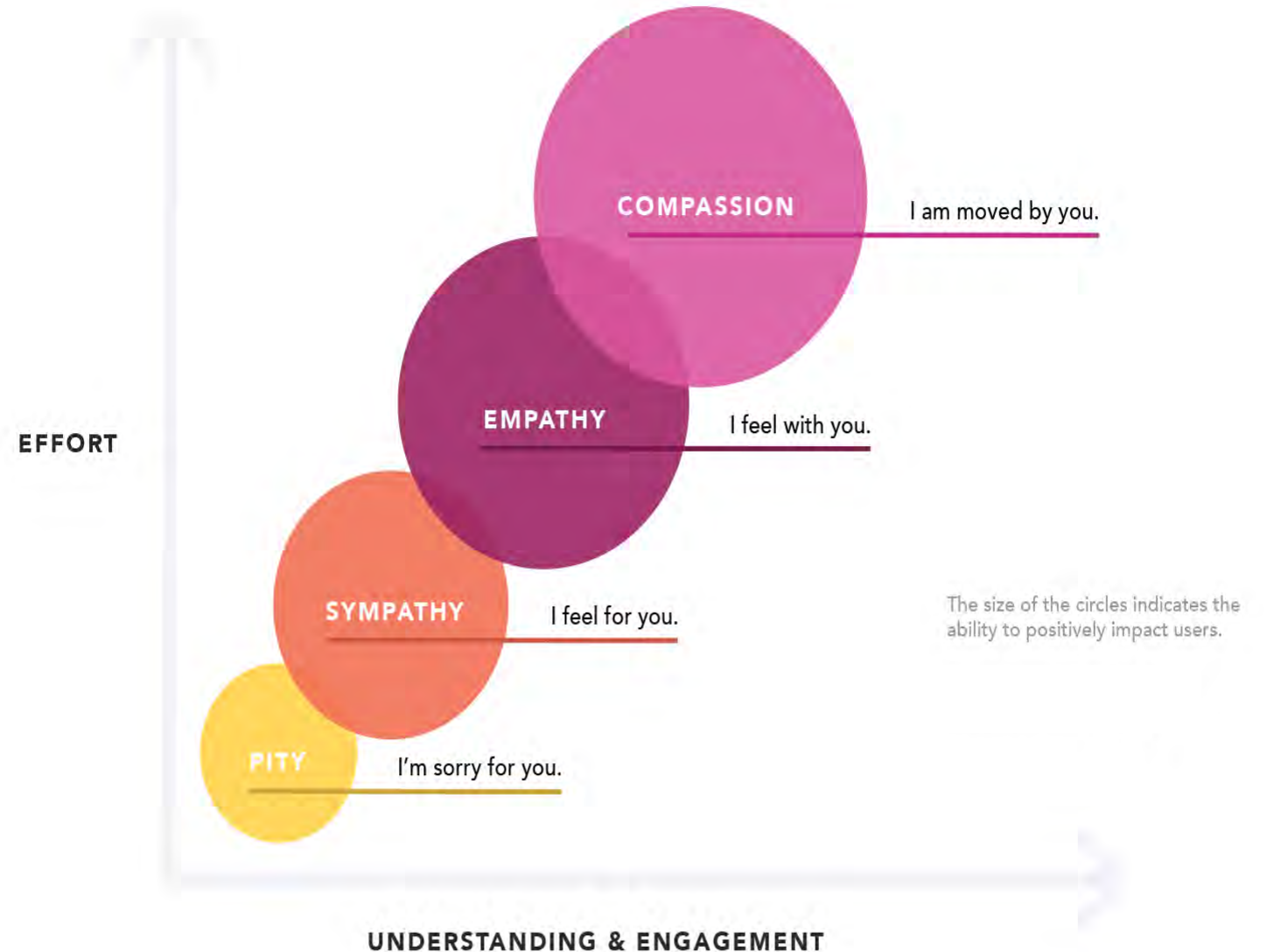
Feeling part of a group helps us feel safe and helps us cope with the challenges we face

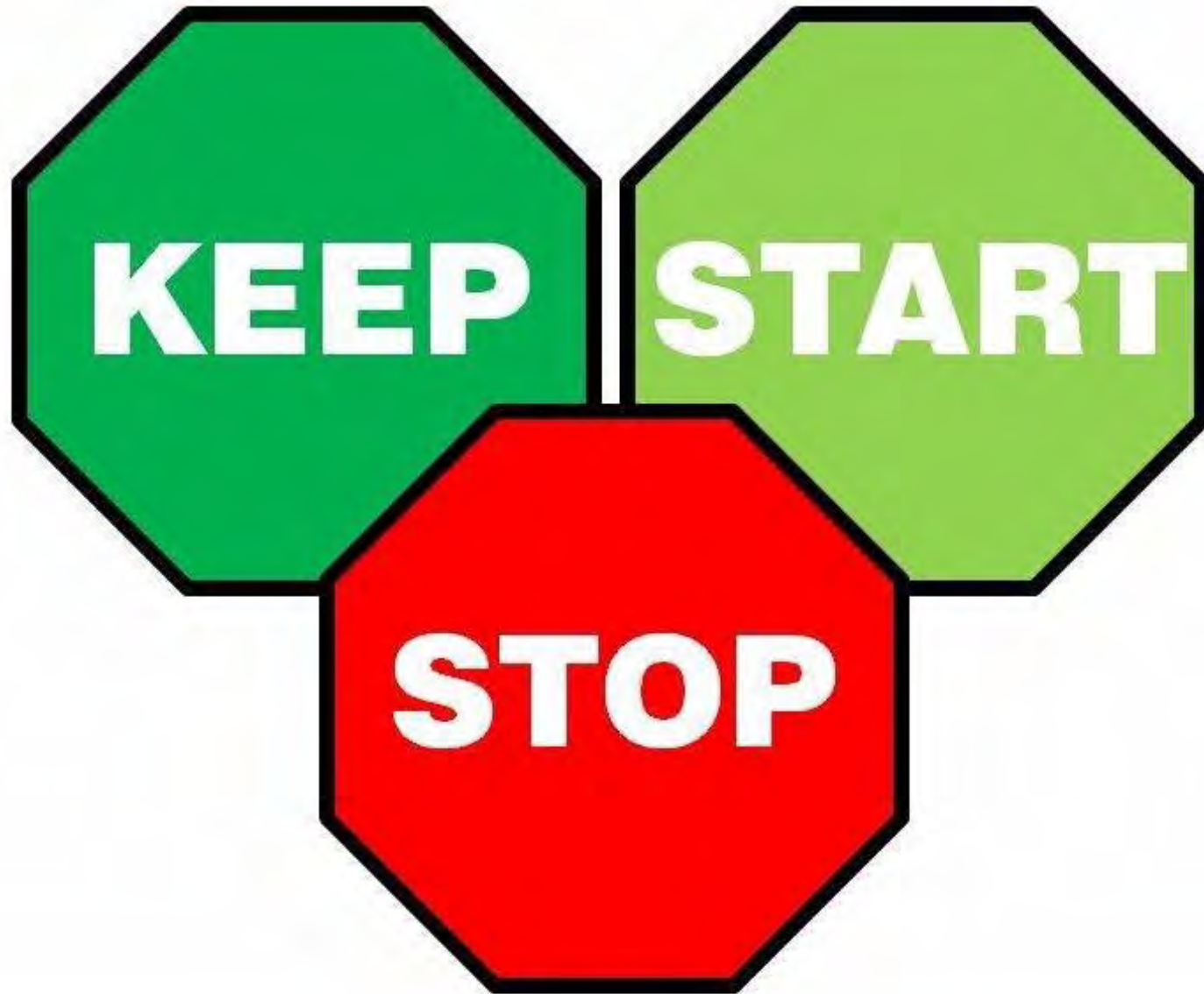


Steps to Mental Health Conversations

1. Focus on the present, stay calm & objective
2. Empathetic listening/language and tone
3. Let them share as much or as little as they want
4. Use open questions
5. Influence the conversation – talk about wellbeing and resilience strategies
6. What can they do..
7. Encourage professional help

SPECTRUM OF EMPATHY





Listen & Guide the conversation.

If your friend is stuck in a problem

i.e. "I'm not coping with the changes..."

Accept and acknowledge their feelings.

If they are willing... explore:

"What can you keep doing?"

"What do you need to stop doing?"

"What can you start doing?"



What not to say or do...

These comments can make a person feel worse.

Don't reinforce the negative stigma.

- Snap out of it
- Cheer up mate
- Forget about it
- Pull yourself together
- I'm sure it will pass
- Don't diagnose them – 'sounds like you've got PTSD mate'
- Don't tell them how they should feel
- Don't get annoyed or angry with them for feeling helpless

Team Peer or Buddy Support System

Establish a buddy system – peer support program

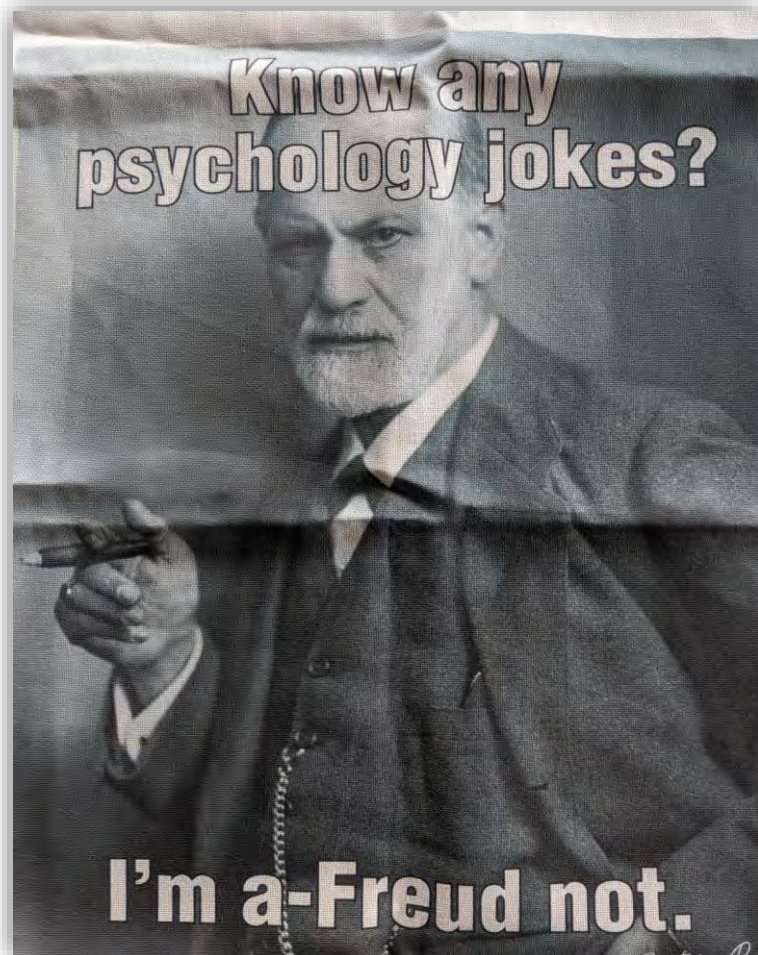
Role of a team support or buddy:

- Connect regularly, Check in: R U Ok
- Be there to listen and be supportive
- Discuss resilient and self care strategies
- Check on resilience and wellbeing activities: MEDS – mindfulness, exercise, diet and sleep
- Accept the ups and the downs they have
- Encourage professional help when needed



Laughter is the best medicine

Socialise with friends and have fun - share Dad jokes !!



PTSD Therapy

- Trauma-focussed cognitive behavioural therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)

Ask your GP, a Psychologist, social worker or psychiatrist about the best treatment for you.

The actions we take today decide our tomorrow



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AUSTRALIA
Centre for Posttraumatic
Mental Health

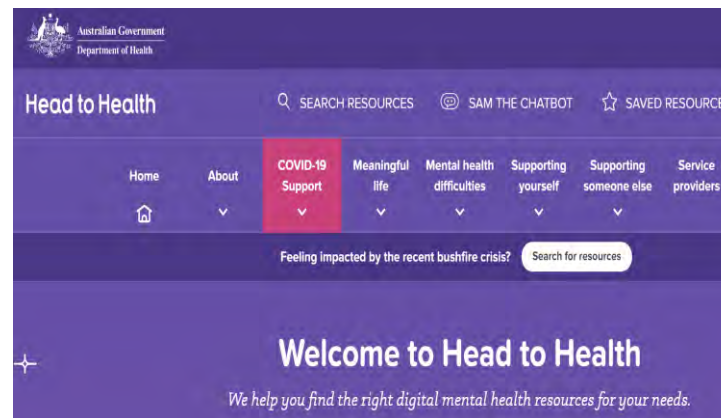
E-Help

- Online websites and apps
- Code 9 education app: Edapp


Beyond
Blue



**Black Dog
Institute**



If you need help call
the 24 hours
helplines & contact
your GP

Q & A





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