

Resilience for First Responders Webinar Three

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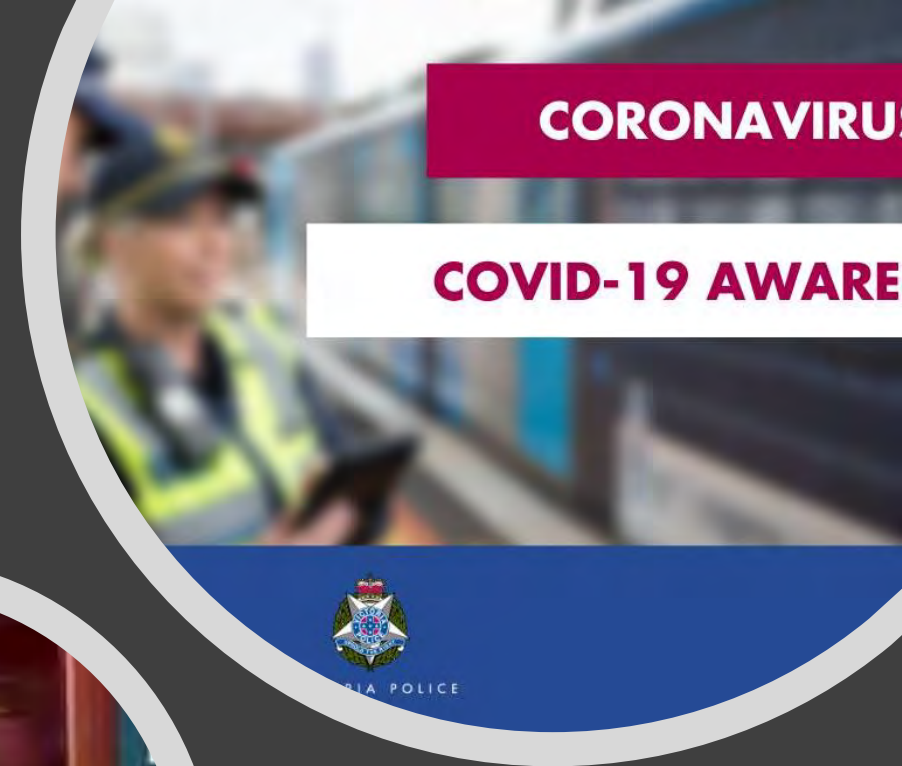
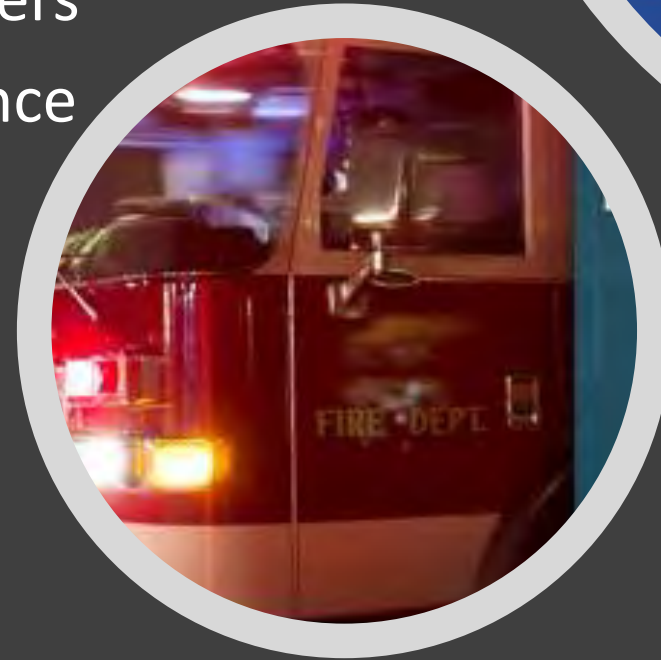
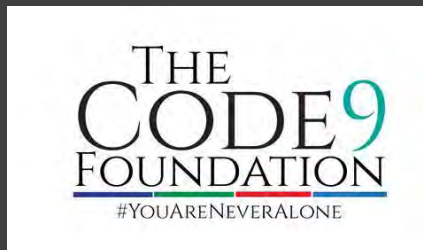
Webinar Tips

Virtual Communication:

- Use chat room to share ideas, encourage support and highlight topics
- Ask questions in Q&A
- We will take time to answer questions and discuss topics in the chat room.
- Make notes for yourself
- We will record the Webinar

Our Goals - Webinar Three

- What happens when we have no more resilience
- How to have the suicide conversation
- Resilience Strategies for First Responders
- Helping others build back their resilience
- Professional Therapy options
- E-Help and ongoing support from Code 9



Resilience



What is Resilience

Resilience is defined as the process of adapting well in the face of trauma or tragedy, threats or other significant sources of stress

Our ability to bounce back after an adversity

(APA, Southwick et al., 2014)



Low or no resilience puts us in the red (danger) zone

Symptoms of low resilience includes:

- Persistent illness (low immune system)
- Enraged - angry/frustrated over little things
- Poor sleep
- Easily depressed, crying
- Extreme isolation or overly clingy
- Lack of hope



Low Resilience & Suicide

Australia:

One police officer, paramedic or firefighter is taking their own life every six weeks

(National Coronial Information System Intentional Self-Harm Among Emergency Services Personnel 2015)

A photograph of two men sitting at a table in a cafe, facing each other and talking. They are holding coffee cups. The background is a window with a view of trees. The text is overlaid on the image.

Discussing Suicide: How to talk to somebody about suicide

It is important to ask the person directly if they are feeling suicidal or if they have been thinking about suicide



What to do and say if suspect suicidal thoughts or they tell you they are thinking of..

Listed below are some ideas to help you start the conversation:

- “I’ve noticed that you haven’t been yourself lately, is everything ok with you?”
- “I’m worried about you. I’m wondering if we can talk about what’s troubling you?”
- “You’ve seemed really (down/sad/angry/unhappy) lately. I’m worried that you might be thinking of hurting yourself or suicide. Can we talk about this?”

Don't...

- Don't keep or agree to secrets that could lead to the person harming themselves.
- Don't try to deal with this situation alone, encourage the person to get professional help and support them to do so...
- Don't leave them alone... until you know they have a new plan, change of mind, have contacted support, have someone else there with them..

Seek to have professional help in place – helpline contacted, GP, psychologist..

Let them know..

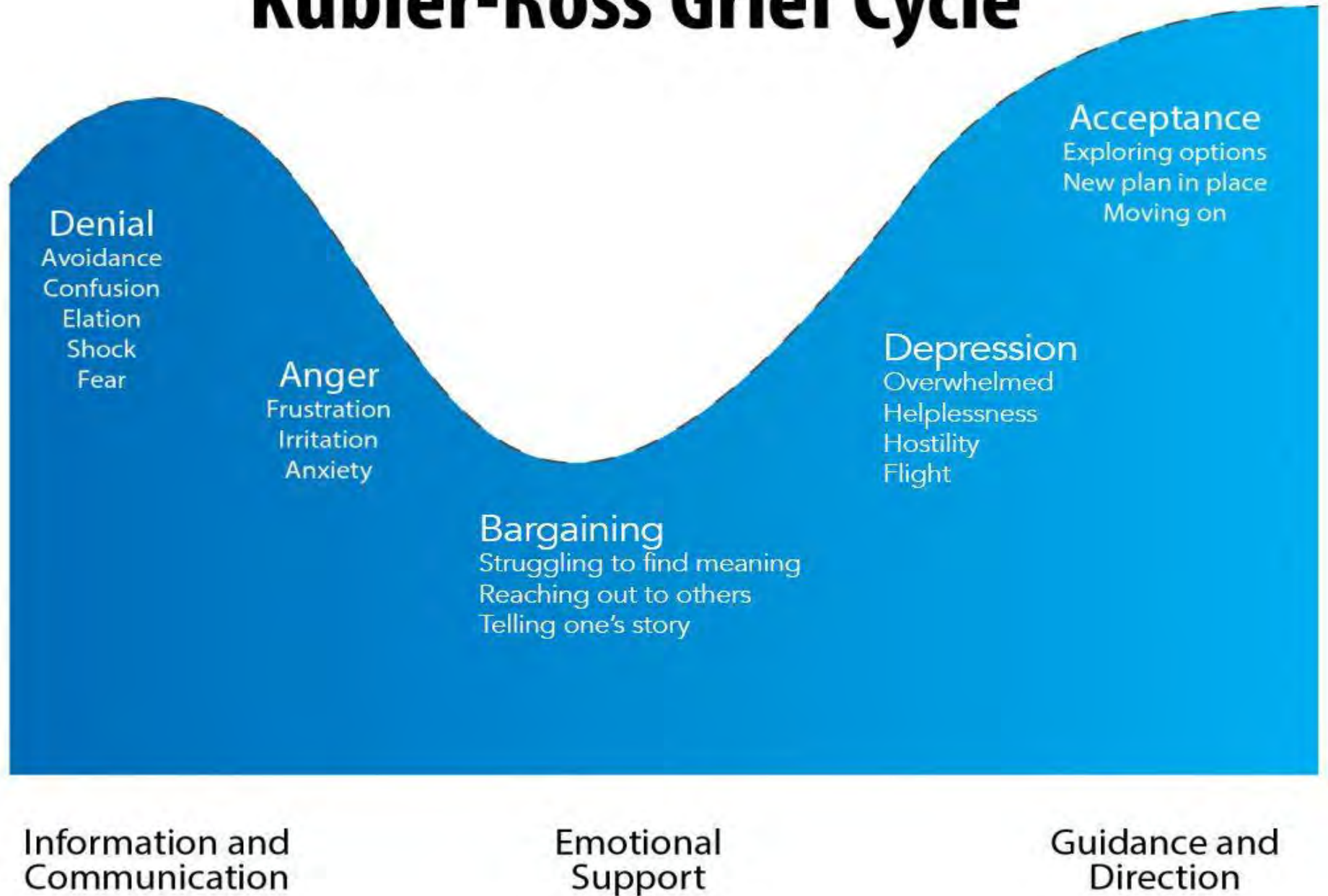
- Let the person at risk know that you are concerned and that you care
- Let the person know that you have noticed a change in them
- Be honest and genuine in your concern.
- Acknowledge that you understand that the person is experiencing a lot of pain at present.
- Show respect and be as understanding as possible about their situation.
- Maintain eye contact and open body language.

Seek to have professional help in place – helpline contacted, GP, psychologist..

Kübler-Ross Grief Cycle

The psychology of Grief...

Going through PTSD, contemplating suicide; Being low in resilience; (Feels like loss and grief...)





Resilience can protect
you and your mates..

Studies conducted over the past
10–15 years suggest that resilience
is a protective factor against suicide
risk.
(Sher, 2019)



MENTAL

AWARENESS
ADAPTABILITY
DECISION-MAKING
POSITIVE THINKING



PHYSICAL

ENDURANCE
NUTRITION
RECOVERY
STRENGTH



SOCIAL

FAMILY
COMMUNICATIONS
CONNECTEDNESS
SOCIAL SUPPORT
TEAMWORK



SPIRITUAL

CORE VALUES
PERSEVERANCE
PERSPECTIVE
PURPOSE

Resilience Provides Balance to Life

The Resilient Person

- Self Esteem/self efficacy
- Sets goals
- Learns from mistakes
- Accepts
- Solves problems
- Self aware (EQi)
- Seeks assistance
- Self Control
- Optimistic

(Conner and Davidson, 2003)



Redefine your purpose



Who am I..



Draw yourself a
new self image



Write a vision
statement



List your top five
values



Set yourself life
goals

Narrative
Writing
tells a
Story.



Rebuild your Resilience: Change the narrative...

- Create your new life “tag line”
- Title of your autobiography would be...
- Write the script for your life now...
- Self affirmations – internal messages
- Post it notes – I am Ok!!
- Use a journal to write your narrative

Find the silver linings..

Reframe your inner dialogue

- Look for the silver lining in a crisis
- Talk about the silver lining to others
- Talk about what is working for you
- Talk about how you manage..





There's **nothing** you
can't overcome.
Any fear can be **conquered**
if you are willing to **find answers.**

FEARLESSMOTIVATION.COM

Face your Fears..

1. Call it out
2. Describe how it feels and where
3. Know the trigger
4. Renew your goal to face your fear
5. Face it in small doses – feel it and let it go
6. Feel the fear and check yourself – “ok now”
7. Take bigger steps
8. Change the feeling now – not fear anymore its..

You need to find this again..



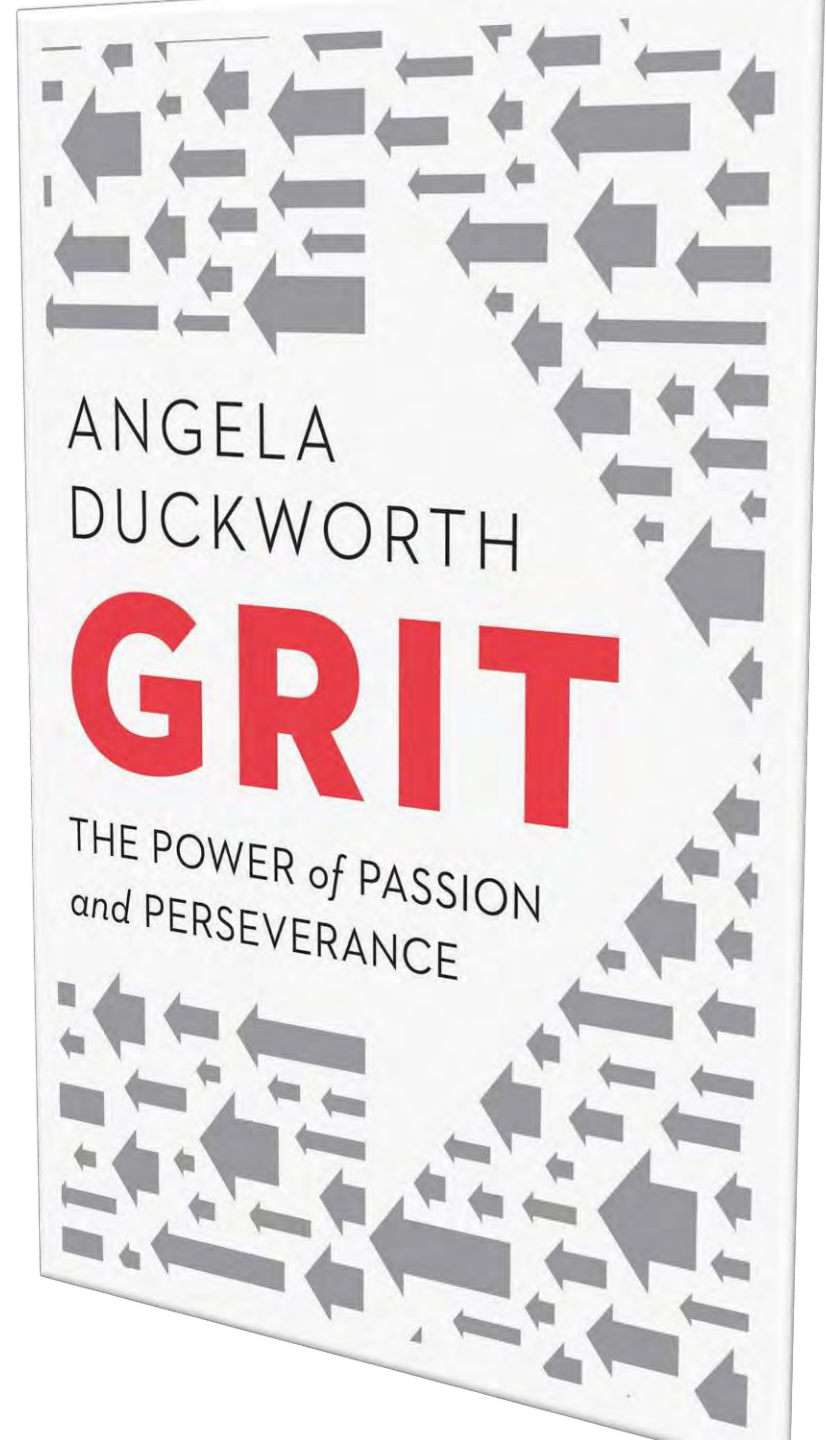
grit

The Power of Passion and Perseverance

Talent x **Effort** = Skill

Skill x **Effort** = Achievement

- Perseverance
- Passion
- Goal focused life
- Be a problem solver
- Solution focused
- Optimism – belief you can and will
- Growth mindset – desire to learn & grow



A group of about ten people are sitting around a campfire made of stones in a desert canyon. The sun is setting in the background, casting a warm glow over the scene. The people are dressed in casual outdoor attire, including plaid shirts, t-shirts, and jackets. One man in the center is wearing a white t-shirt with the word "EPIC" on it. The campfire is burning brightly, and the people appear to be engaged in conversation and enjoying the evening.

Prioritise Relationships

- Family
- Friends
- Join a Group
- Team Sports
- Adventures together

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



Take 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

8 STEPS TO BECOME MORE RESILIENT



1
Accept Change



2
Learn Continuously



3
Take Charge



4
Define Purpose



5
Create Balance



6
Cultivate Relationships



7
Reflect



8
Reframe Skills

Forms of Post Traumatic Growth

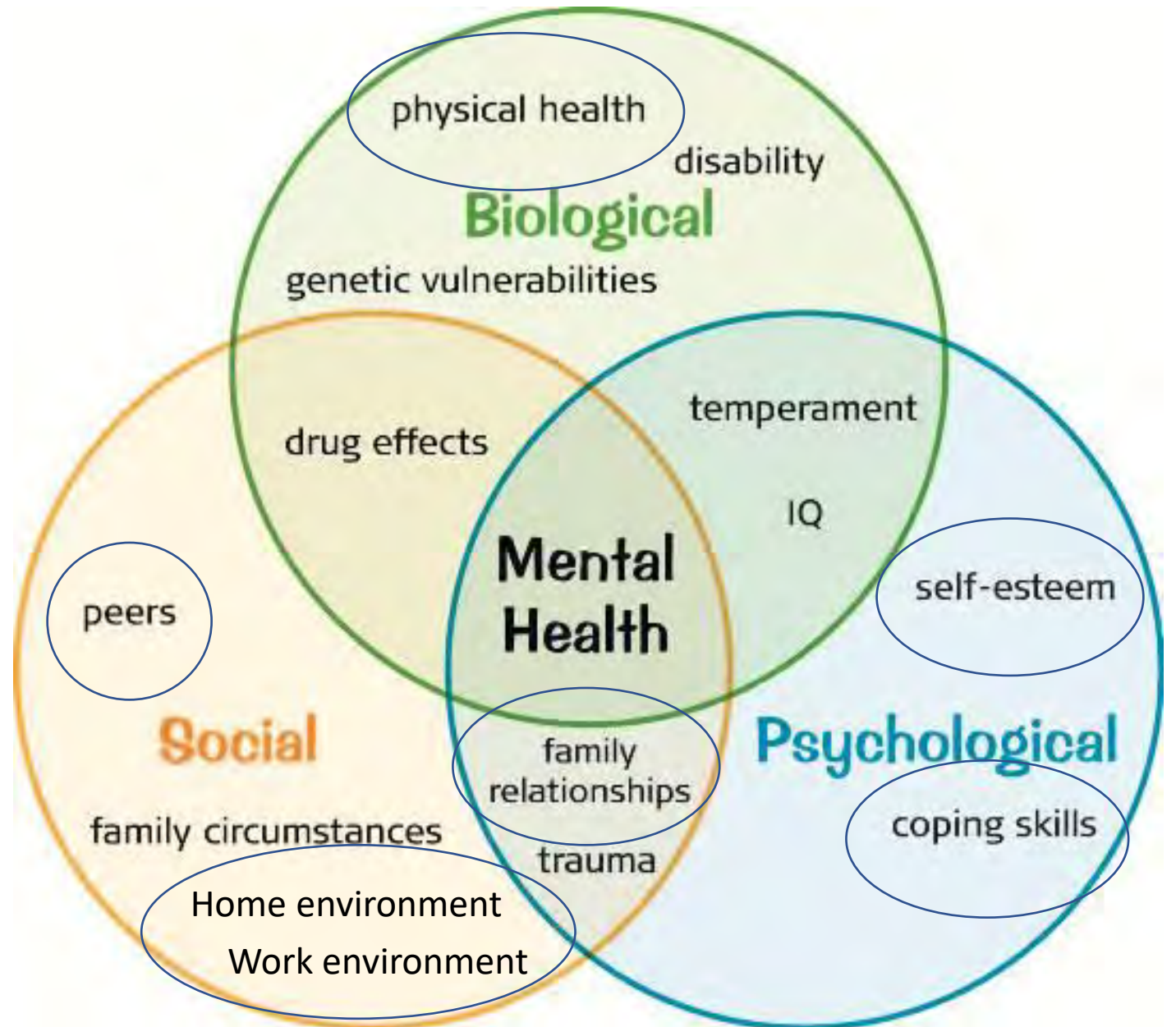


Mental Health Model

Biopsychosocial (BPS) model

Resilience

You need to build all three circles to be strong to stay resilient..



(Engel, 1977)



2020 INFORMATION PACK



MONDAY 9 NOVEMBER – TUESDAY 10 NOVEMBER 2020
THE VILLE, TOWNSVILLE QLD

**SUPPORTING THE MENTAL HEALTH OF AUSTRALIA
& NEW ZEALAND'S FRONT LINE WORKERS**

Further
Study
needed..

THE
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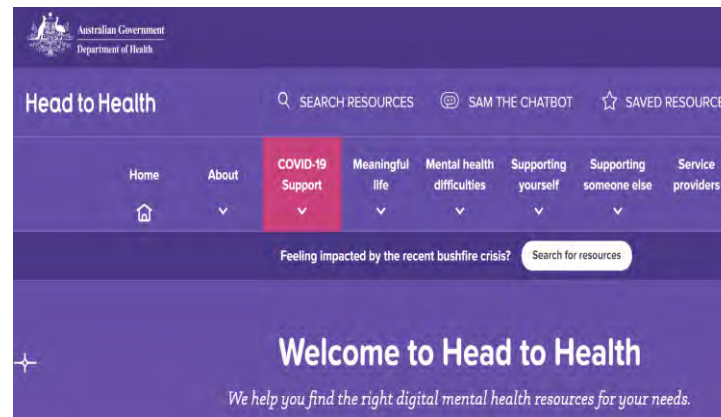


E-Help

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



**Black Dog
Institute**



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

Code 9 -Edapp

Micro-lessons and discussion group.

Aim:

- To learn
- To remind yourself
- To share ideas with each other in a learning environment
- To refresh your memory



Q & A





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