

> > Things To Try

WITHIN THE FIRST 48 HOURS

- Stay away from the media.
- 20-45 minutes of physical exercise. It doesn't have to be a gym workout; it could be sweeping the bay of the station or raking leaves at home.
- Structure your time in two-hour blocks for the first couple days after a PTE.
- Be mindful that you may be having emotional reactions, which is normal.
- Verbalizing thoughts is a helpful tool in processing your emotions. Talk to friends. Reach out to people in your social network.
- Avoid using drugs or alcohol to numb how you are feeling.
- Maintain as normal a routine as possible.
- Allow yourself to feel (good or bad) and share that feeling with those you trust.
- Do things that feel good to you.
- Eat healthy, stay away from fatty and sugary food.
- Make decisions that will give you a feeling of control over your life. ("I am going to the beach." Or "I am going to the movies")
- Rest. Breathe. Relax. Often
- Don't fight reoccurring thoughts; they are normal and decrease over time.
- If you do not feel better after a week or two, reach out for a clinical referral

> > For Family and Friends

- Tell your loved one you want to listen and that you also understand if it's not the right time to talk.
- Assist them with everyday household tasks.
- Encourage contact with family and close friends.
- Don't take their reaction personally.
- Learn about PTSD symptoms.
- Take a walk, go for a bike ride or do some other physical activity together.



suicidepreventionlifeline.org

OR
**CRISIS
SERVICES**

1-833-456-4566

CANADA

www.crisisservicescanada.ca



www.iaff.org/behavioral-health

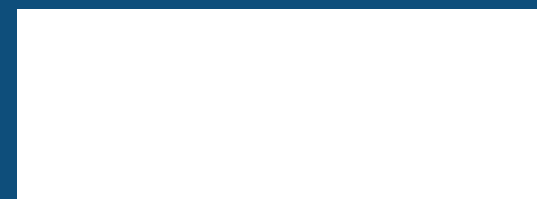


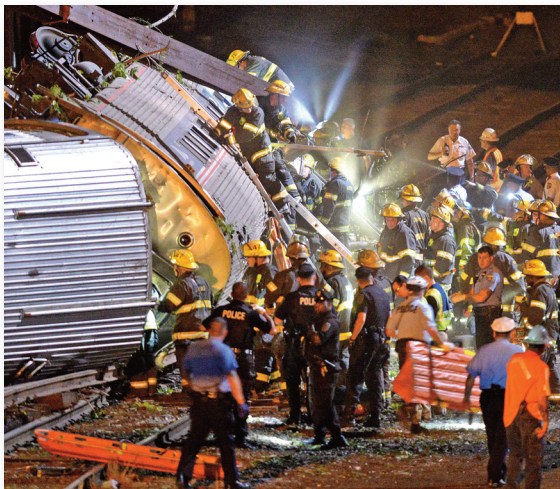
Understanding Reactions to a Potentially Traumatic Event (PTE)



PEER SUPPORT TEAM

Contact Information:





> > Potentially Traumatic Event

You may have experienced a potential traumatic event (PTE), which is a powerful and upsetting incident that intrudes into daily life. PTEs are usually experiences that are life threatening or pose a significant threat to a person's physical or psychological wellbeing. An event may have little impact on one person but cause severe distress in another. Even though the event may be over, you may now be experiencing — or may experience later — some strong emotional or physical reactions. It is very common for people to experience emotional reactions and other symptoms when they have been involved in a potentially traumatic event.

Your reaction may last a few days, weeks, months or longer, depending on how you process the event. This is a normal response. In the event these waves of emotions do not level off or subside in one to two weeks, it may be beneficial to get a clinical referral from the peer support team to assist you in processing the events affecting you. If symptoms last longer than 4 weeks or greatly impair daily functioning, you may be coping with Post-traumatic stress disorder (PTSD), which requires clinical intervention.

Signs And Signals Of A Stress Reaction:

PHYSICAL	COGNITIVE	EMOTIONAL	BEHAVIORAL
<ul style="list-style-type: none"> • Fatigue, exhaustion • Nausea, vomiting • Dizziness, weakness • Headaches • Elevated blood pressure • Rapid heart rate • Chest pain • Loss or increase of appetite 	<ul style="list-style-type: none"> • Confusion, uncertainty • Nightmares • Hypervigilance • Intrusive thoughts or images • Poor problem-solving • Poor attention/decisions 	<ul style="list-style-type: none"> • Fear • Guilt • Grief • Panic • Shame • Anxiety • Feeling overwhelmed • Intense anger, outbursts 	<ul style="list-style-type: none"> • Withdrawal, isolation • Restlessness • Change in social activity • Increased alcohol use • Increase use of nicotine

Other resources available:

