

Please be aware of these signs and symptoms in exposed individuals:

Physical	Intellectual/Cognitive	Emotional	Behavioral	Spiritual
Fatigue	Difficulty w/ Decisions	Excessive Emotion	Numbing	Blaming/feeling abandoned by God
Digestive Problems	Loss of Concentration	Mood Swings	Shutting Down	Excessive Cynicism
Headaches	Confusion	Increased Irritability	Risk-taking	Obsessing on Fate
Sleeping Difficulties	Forgetfulness	Explosive Anger	Increased Drinking	Extreme Religiosity
Eating Habits–Weight	Low Productivity	Sadness	Substance Abuse	Big changes in views and beliefs about life or the world
High Blood Pressure	Negative Attitude	Fear and Worry	Driving Fast/Angry	Difficulty Connecting w/ Community
Loss of Libido	Loss of Sense of Humor	Loneliness/Isolation	Extramarital Affairs	
		Crying Spells		

These Signs and Symptoms are **Normal** if they are:

- 1) Non-persistent
- 2) Non-intrusive

These Signs and Symptoms are a **Warning** if they are:

- 1) Intermittent
- 2) Mildly Intrusive

These Signs and Symptoms are **Trouble Indicators** if they are:

- 1) Persistent
- 2) Intrusive/Disruptive

## SHIFT: Supporting Heroes In Mental Health Foundational Training



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# Resiliency Tools Menu

Personal Techniques	Team Techniques
<p><u>Individual workplace solutions</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Careful location of family images and photos</li> <li><input type="checkbox"/> Tailoring and beautifying personal space</li> <li><input type="checkbox"/> Making space comfortable and ergonomic</li> <li><input type="checkbox"/> Using inspirational images</li> <li><input type="checkbox"/> Educating colleagues (not kiddie porn, etc.)</li> </ul> <p><u>Individual personal decisions</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Exercise every day</li> <li><input type="checkbox"/> Eating healthier and more water</li> <li><input type="checkbox"/> Enough and better sleep</li> <li><input type="checkbox"/> Going to the dentist/doctor regularly</li> <li><input type="checkbox"/> Management of exposure and breaks</li> <li><input type="checkbox"/> Work to home &amp; home to work transitions</li> <li><input type="checkbox"/> Cultivate social life in- and outside work</li> <li><input type="checkbox"/> Have interests outside work</li> <li><input type="checkbox"/> Get in touch with nature</li> <li><input type="checkbox"/> More laughter</li> <li><input type="checkbox"/> Self-education (self-help)</li> <li><input type="checkbox"/> Relaxation techniques</li> <li><input type="checkbox"/> Accept help when offered</li> <li><input type="checkbox"/> Seeking professional assistance if and when needed* (see below)</li> </ul> <p><u>Friends and family</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Talk to spouse about job (not graphic content)</li> <li><input type="checkbox"/> Talk to spouse about warning signs</li> <li><input type="checkbox"/> Develop code word with spouse</li> <li><input type="checkbox"/> Talk to spouse about intrusive thoughts</li> <li><input type="checkbox"/> Talk to spouse about vigilance/hypervigilance</li> <li><input type="checkbox"/> Assure kids of positive role/not cause of any moods</li> <li><input type="checkbox"/> Answer any questions kids may have</li> <li><input type="checkbox"/> Talk to friends about job – warning signs</li> </ul>	<p><u>Team environment</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Respect collective space and equipment (e.g. care, cleanliness, etc.)</li> <li><input type="checkbox"/> Get to know coworkers</li> <li><input type="checkbox"/> Do informal events together               <ul style="list-style-type: none"> <li>o Eat lunch together</li> <li>o Celebrate life events</li> <li>o Celebrate successes!</li> <li>o Have fun outside of work</li> </ul> </li> <li><input type="checkbox"/> Use appropriate humor generously</li> <li><input type="checkbox"/> Pay attention (like vs. care)</li> <li><input type="checkbox"/> Check in with others as necessary</li> <li><input type="checkbox"/> Offer assistance as appropriate</li> <li><input type="checkbox"/> Accept help</li> <li><input type="checkbox"/> Speak up!</li> </ul> <p><u>Workplace environment</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Good location (not dungeon)</li> <li><input type="checkbox"/> Not isolated</li> <li><input type="checkbox"/> Regular Breaks</li> <li><input type="checkbox"/> Enhance comfort of office space               <ul style="list-style-type: none"> <li>o Paint</li> <li>o Lighting</li> <li>o Personal audio</li> <li>o Television</li> <li>o Family Photos</li> <li>o Motivational wall hangings</li> <li>o Posting of accomplishments (e.g. wall of shame)</li> </ul> </li> </ul> <p><u>Workplace flexible policy solutions</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Modification of dress code</li> <li><input type="checkbox"/> No cp last hour of day</li> <li><input type="checkbox"/> Come in late or leave early occasionally if need to</li> <li><input type="checkbox"/> Temporary duty breaks (working on other cases/units)</li> <li><input type="checkbox"/> One wellness day off a month/quarter</li> <li><input type="checkbox"/> Choice to join or leave unit (when possible) with no penalties</li> </ul>

## Finding a mental health professional

- Someone who knows what you do & has experience working with trauma
- Interviewing more than one candidate
- Know what questions to ask
- Addressing Confidentiality (Guide)
- Know the problems you might face
- Meeting your MHP half way