

Disaster Mental Health Skills Practice

This is a series of 3 activities for individuals to check in with their fear and stress responses, as well as learn some self-care and coping methods. Today you will work individually, but we encourage you to share with others what you've learned.

Skills Practice 1 – Fear Reaction

Take a couple minutes and think about some crises you have experienced and write them down. For each crisis you wrote down please circle which response best describes what your body did immediately after.

Crisis 1 _____

Fight Flight Friend Freeze Faint

Crisis 2 _____

Fight Flight Friend Freeze Faint

Crisis 3 _____

Fight Flight Friend Freeze Faint

Do you tend to respond in the same way in every situation or does your reaction change?

Skills Practice 2 – Stress Symptoms

Please check all stress reactions that apply to you

<u>Emotion</u>	<u>Thoughts</u>	<u>Behaviors</u>	<u>Health</u>	<u>Relationships</u>	<u>Work</u>	<u>Spirituality</u>
Powerlessness	Difficulty concentrating	Impatience	Shock	Withdrawal	Low moral	Loss of purpose
Anxiety	Lowered self esteem	Irritability	Sweating	Reduced capacity for intimacy	Decreased motivation	Less sense of self-satisfaction
Guilt	Apathy	Withdrawal	Rapid heartbeat	Mistrust	Task avoidance	Hopelessness
Anger	Rigidity	Moodiness	Breathing problems	Isolation	Overly focused on detail	Questioning meaning of life
Rage	Disorientation	Regression	Ache/pain	Misplaced anger	Apathy	Anger at God
Survivor guilt	Perfectionism	Sleep changes	Dizziness	Misplaced blame	Negativity	Questioning beliefs
Numbness	Minimization	Nightmares	Lower immunity	Increased conflict	Less appreciation of others	Loss of faith
Fear	Preoccupation	Appetite changes	Sensitive to noise	Intolerance	Staff conflict	Greater skepticism
Helplessness	Thoughts of harming others	Hyper-vigilance	Low energy	Over-protective	Absenteeism	Moral injury
Sadness	Thoughts of self harm	Accident proneness			Exhaustion	
Depleted					Change in communication	
Shame						

Does one category have more check marks?

Skills Practice 3 – Coping Techniques

Think back to those crises you wrote down. Which factors from the color wheel did you employ that helped you cope with each situation?



Factor that helped with crisis 1 _____

Factor that helped with crisis 2 _____

Factor that helped with crisis 3 _____

Think about how you can expand some of these factors as a regular practice while not in crisis

How might be able to encourage others to use these as coping methods when they are in distress?