

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

Physical	Intellectual/Cognitive	Emotional	Behavioral	Spiritual
Fatigue	Decision Making	Excessive Emotion	Numbing	Blaming/feeling abandoned by God
Digestive Problems	Problems	Mood Swings	Shutting Down	Difficulty Praying
Headaches	Loss of Concentration	Increased Irritability	Risk-taking	Obsessing on Fate
Sleeping Difficulties	Confusion	Anger	Drinking	Extreme Religiosity
Eating Habits–Weight	Forgetfulness	Sadness	Substance Abuse	A change in views of God, your life or your world
High Blood Pressure	Low Productivity	Fear and Worry	Driving Fast/Angry	
Loss/Decrease Libido	Negative Attitude	Loneliness-Isolation	Extramarital Affairs	
	Loss of Sense of Humor	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"> <input type="checkbox"/> Careful location of family images and photos <input type="checkbox"/> Tailoring and beautifying personal space <input type="checkbox"/> Making space comfortable and ergonomic <input type="checkbox"/> Using inspirational images <input type="checkbox"/> Educating colleagues (not kiddie porn, etc.) <p><u>Individual personal decisions</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Exercise every day <input type="checkbox"/> Eating healthier and more water <input type="checkbox"/> Enough and better sleep <input type="checkbox"/> Going to the dentist/doctor regularly <input type="checkbox"/> Management of exposure and breaks <input type="checkbox"/> Work to home & home to work transitions <input type="checkbox"/> Cultivate social life in- and outside work <input type="checkbox"/> Have interests outside work <input type="checkbox"/> Get in touch with nature <input type="checkbox"/> More laughter <input type="checkbox"/> Self-education (self-help) <input type="checkbox"/> Relaxation techniques <input type="checkbox"/> Accept help when offered <input type="checkbox"/> Seeking professional assistance if and when needed* (see below) <p><u>Friends and family</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Talk to spouse about job (not graphic content) <input type="checkbox"/> Talk to spouse about warning signs <input type="checkbox"/> Talk to spouse about intrusive thoughts <input type="checkbox"/> Talk to spouse about vigilance/hypervigilance <input type="checkbox"/> Assure kids of positive role/not cause of any moods <input type="checkbox"/> Answer any questions kids may have <input type="checkbox"/> Talk to friends about job – warning signs 	<p><u>Team environment</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Respect collective space and equipment (e.g. care, cleanliness, etc.) <input type="checkbox"/> Get to know coworkers <input type="checkbox"/> Do informal events together <ul style="list-style-type: none"> o Eat lunch together o Celebrate life events o Celebrate successes! o Have fun outside of work <input type="checkbox"/> Use appropriate humor generously <input type="checkbox"/> Pay attention (like vs. care) <input type="checkbox"/> Check in with others as necessary <input type="checkbox"/> Offer assistance as appropriate <input type="checkbox"/> Accept help <input type="checkbox"/> Speak up! <p><u>Workplace environment</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Good location (not dungeon) <input type="checkbox"/> Not isolated <input type="checkbox"/> Regular Breaks <input type="checkbox"/> Enhance comfort of office space <ul style="list-style-type: none"> o Paint o Lighting o Personal audio o Television o Family Photos o Motivational wall hangings o Posting of accomplishments (e.g. wall of shame) <p><u>Workplace flexible policy solutions</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Modification of dress code <input type="checkbox"/> No cp last hour of day <input type="checkbox"/> Come in late or leave early occasionally if need to <input type="checkbox"/> Temporary duty breaks (working on other cases/units) <input type="checkbox"/> One wellness day off a month/quarter <input type="checkbox"/> Choice to join or leave unit (when possible) with no penalties
<p style="text-align: center;"><u>Finding a mental health professional</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Someone who knows what you do & has experience working with trauma <input type="checkbox"/> Interviewing more than one candidate <input type="checkbox"/> Know what questions to ask <input type="checkbox"/> Addressing Confidentiality (Guide) <input type="checkbox"/> Know the problems you might face <input type="checkbox"/> Meeting your MHP half way 	