

PSYCHOLOGICAL FIRST AID GUIDE

STRESS INJURY CARE

— SAFETY —

- Establish “All Clear” practices after exposure
- Protect from more stress whenever possible
- **Stop and fix:** Mitigate the scene to reduce chaos and reminders

— CALM —

- Complete the stress cycle- move, sleep, share, create, breathe, laugh
- Demonstrate calm/Empathetic listening
- Utilizing resources – i.e. stethoscope, grounding, decrease movement
- Lend them your nervous system- Use your calm to support them

— EMPOWERMENT/ENGAGEMENT —

- Problem solving/assign a job
- Combat helpless/Involve them in the rescue
- Remind them of strengths, reflect what is working

— CONNECTION —

- Build on scene relationship
- Use patient and rescuer names
- Connect pt. with family, friends, loved ones, pets ASAP

— HOPE —

- Witness the challenges, but keep positive “we got this”
- Offer chronological next steps
- Be future oriented