

Critical Incident Self Care

During

Focusing on the task at hand is the most adaptive way to deal with the situation

- Be aware of your surroundings, others involved and any immediate safety concerns
- Recognise where you can assist those in need
- Focus on aspects of the incident/job that you can control
- Be aware of your emotional state and manage hypervigilance using breathing and grounding



Immediately Following

- Recognise that you have been through a stressful incident
- Acknowledge what you have been through may trigger emotional reactions
- Allow your emotional reactions to occur in a safe place, don't always suppress them
- Focus on the positive aspects of the incident/job
- Use your sense of humour
- Look after yourself: get plenty of rest, even if you can't sleep
- Eat regular, well-balanced meals and moderate sugar, caffeine and alcohol intake
- Engage in regular exercise
- Engage with the Dedicated Resource to develop an ongoing Self Care Plan

Days & Weeks Following

- Maintain your usual routine and continue with planned activities as much as possible
- Don't over isolate yourself
- Spend time with family and friends
- Talk to others about it when you feel ready
- Avoid making major life decisions, however it is important to continue making daily decisions
- Intrusive thoughts, flashbacks and dreams are normal and a natural part of making sense of what has happened
- Be aware that you might be more prone to accidents due to your brain still processing the incident. Be careful!
- Seek support from a professional if you are concerned about your reactions
- You may wish to help others who have been to Potentially Traumatic Events (PTEs), particularly as you begin to feel better



Weeks & Months Following

- Most people recover from exposure to PTEs, however, it may be necessary to seek further assistance
- If you have concerns about your ongoing reactions to the incident, or if your close friends and family voice concerns about behaviour and/or demeanour change post incident, it is important you seek professional support
- Seeking assistance early is known to increase positive recovery outcomes from exposure to PTEs

Consider the following support services:

- Peer Support Officer (PSO)
- 1800 ASSIST
- Mental Health Treatment Plan
- Chaplain
- Early Intervention Treatment Program EITP
- equiptapp
- Psychological Services Unit
- Private Mental Health Care Provider

