



NAEMT Mental Health Resilience Officer Course - Stress Continuum

Thriving	Surviving	Struggling	Crisis
<p>Definition</p> <ul style="list-style-type: none"> regular use of coping skills during stress optimal functioning <p>Features</p> <ul style="list-style-type: none"> in control calm and steady getting the job done reliable playing sense of humor physically healthy sleeping enough emotionally available 	<p>Definition</p> <ul style="list-style-type: none"> mild or temporary distress and loss of function <p>Types</p> <ul style="list-style-type: none"> personal and work stress acute or critical incident stress compassion fatigue <p>Features</p> <ul style="list-style-type: none"> worried irritable, angry cutting corners sleep loss poor focus avoidance criticism social isolation 	<p>Definition</p> <ul style="list-style-type: none"> moderate/persistent distress moderate impairment in multiple areas <p>Types</p> <ul style="list-style-type: none"> trauma (vicarious or direct) compassion fatigue grief exhaustion moral injury <p>Features</p> <ul style="list-style-type: none"> loss of control can't sleep or sleep all the time panic/rage apathy guilt/shame relationships suffering somatic complaints 	<p>Definition</p> <ul style="list-style-type: none"> severe distress serious impairment behavioral health diagnosis <p>Types</p> <ul style="list-style-type: none"> PTSD (secondary or direct) anxiety depression substance overuse <p>Features</p> <ul style="list-style-type: none"> thoughts of suicide hopelessness/helplessness broken relationships feeling lost chronic somatic complaints
<p>Self Care/Resilience</p>	<p>Resolves with self care/ Peer support/Chaplin/EAP</p>	<p>Requires support from agency leadership/Chaplin/EAP</p>	<p>Requires clinical care</p>