

## **CISM Blitz #2: What others can do for you**

Content from the ICISF and Patty Steward McCord of the Sask CISM Network

Friends and family want to help! Here are some tips for others to support you so you can keep doing your amazing work.

### **Friends and Family**

Your loved one is involved in an emotion charged event. They may be experiencing normal stress responses to this event. Critical incident stress affects 87% of all emergency personnel exposed to a critical incident. No one in emergency services is immune from critical incident stress, regardless of past experiences or years of service.

Having signs and symptoms cognitively, physically, emotionally and behaviourally of critical incident stress is normal!

You may have your own feelings and reactions to your loved ones symptoms and healing.

### **What can you do to support your loved one?**

**LISTEN** but do not pressure. If the event is upsetting to you and your loved one chances are your children may be affected as well and need to talk.

**ACKNOWLEDGE** that feelings and reactions are common and normal and human.

**SPEND TIME** with the individual. Sometimes a supportive presence is the best company.

**HELP** with everyday tasks...cleaning, cooking, family support.

**RESPECT** private time as well. Some people find it helpful to be alone occasionally to process their experiences.

**SUPPORT** the person in the choices necessary to promote healthy coping. ( The F's: Fitness, food, faith, friends/ family, fun, and safeguarding )

**BE PATIENT.** Everyone processes and heals at their own rates. Be a positive presence in their lives as they work through this process.

Stay Safe, Stay well!

In Solidarity,

Your ED CISM Team