

Remember all people manage and react differently—all is ok!

Being a member of the Surf Life Saving movement by its very nature may mean that at some stage you might be involved in a critical incident.

In Surf Lifesaving these incidents may take the form of:

Rescues, drowning, abuse, aggressive behavior, violation of safety rules, needle stick injuries, stings, heart attacks, fin chops or asthma attacks

Not all people will experience a stress reaction to a critical incident. Keeping in mind the uniqueness of each individual there are some common reactions to trauma. The purpose of this brochure is to provide education about signs and symptoms of stress/trauma and what might be done to help.

Sometimes the stress reactions may be experienced immediately after the event, sometimes it may take weeks before any reaction appears. Reactions are uncomfortable but are an important part of recovering and getting on with life. Symptoms will usually reduce over a 4 to 6 week period.

Physical

- Headaches
- Tiredness
- Vomiting/shakiness
- Increased heart rate
- Shock
- Difficulty breathing
- Appetite changes

Thoughts

- Concentration difficulties
- Confusion
- Nightmares
- Hyper vigilance
- Intrusive images of the incident
- Intrusive thoughts of the incident
- Difficulties making decisions
- Poor problem solving
- Increased or decreased awareness of surroundings
- Memories of previous events
- Self blame

Emotions

- Fear
- Guilt
- Grief
- Anxiety
- Denial
- Numbness
- Anger
- Depression
- Agitation
- Feeling Abandoned
- Sadness
- Frequent mood swings

Behaviour

- Withdrawal from others
- Avoidance and fear of the situations that may remind you of the incident
- Emotional outbursts
- Decline in work performance
- Sleep disturbance
- Change in Social Activity
- Changes in usual communication style
- Increased use of alcohol, caffeine or other stimulants

Keep in mind—a stress reaction may not occur until weeks after the event—if at all.

It may help to:

- Alternate periods of appropriate physical exercise with relaxation during the first 24-48 hours
- Structure your time—keep busy
- “Do” allow yourself to have feelings
- Don't adopt a “I'm a man” attitude—this will not help you in the long term
- Talk about what is happening to you
- Take care not to increase your normal intake of alcohol, caffeine or other stimulants—try to cut down for a few days—increased amounts of the above will only delay the healing process.
- Maintain as normal a schedule as possible
- Talk to other Lifesavers and check out how they are doing but don't compare yourself to them this can lead to judging your reaction as wrong
- If you are having difficulty sleeping—get out of bed, make a hot drink, do some writing, watch television—don't just toss and turn for hours
- Eat well balanced meals even if you don't feel like it
- Do make as many daily decisions as possible which will give you a feeling of control over your life
- Don't make any big life changes
- Seek further assistance from your peer support person, GP or other health/ mental health professional

For Families and Friends:

- Be available to listen if the person wants to talk—encourage but don't pressure them
- Reassure them that their reactions will subside over time
- Try not to take emotional outbursts personally
- Ask them if they need any assistance with everyday tasks
- Give them private time, avoid saying things like “lucky it wasn't worse” and avoid telling stories about other incidents, instead tell them that you are sorry that such an event occurred and you want to understand and to assist them
- Don't be afraid to ask what you can do that would be helpful

If your symptoms have not begun to subside after 1-2 weeks contact your Branch Peer Support Person who will assist you in finding appropriate counseling and support.

The following referral agencies may be helpful for 24 hr emergency support

Lifeline 13 1114
Salvation Army Care Line 9331 6000



CISM **Critical Incident** **Stress Management** **TIPS**

Traumatic Incident Peer Support

“Critical incidents are unusually challenging events that have the potential to create significant human distress and can overwhelm one's usual coping mechanisms” ICIFF

Your Peer Support contact person is:

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Contact No: