

Unit Thirteen Appendix

| Sources of Stress | |
|--------------------------|---|
| Stressor | Examples |
| Incident | <ul style="list-style-type: none"> Death or serious injury of a co-worker, particularly in the line of duty Loss of life of a person or an animal after prolonged rescue attempts Death or violence involving a child or animal Serious injury or death of a civilian Any incident with profound emotion (grieving owners) Personal identification with the victims or circumstances Unusual sights, sounds, activities Serious injury or death of an animal (including euthanasia) Having to deal with large numbers of animals |
| Occupational | <ul style="list-style-type: none"> Limited time availability Overburdened with responsibilities Unusual physical demands Unusual mental demands (decision making) Unusual emotional demands (traumatic experiences) Work area Limited resources High expectations |
| Environment | <ul style="list-style-type: none"> Extreme weather conditions (heat, cold, rain, snow) Hazards (toxic chemicals and fumes, wounds, burns) |

Source: Health Canada: Personal Services, 1994. Minister of National Health and Welfare
Appendix A

Some Typical Reactions to Stress

| Reactions to stress | Examples |
|-----------------------------|---|
| Physical reactions | <ul style="list-style-type: none"> Increased heartbeat, respiration, and blood pressure Nausea, upset stomach, diarrhea Sweating and chills Loss of appetite |
| Behavioral and social | <ul style="list-style-type: none"> Withdrawal from friends and family Feelings of not being understood by others Increased use of alcohol, tobacco, or other drugs Hyperactivity Inability to rest or lie down Periods of crying |
| Psychological and emotional | <ul style="list-style-type: none"> Strong identification with victims Sadness, grief, depression, moodiness Recurrent dreams of the event or other traumatic events Apathy, lack of concern for safety of others Feelings of helplessness, vulnerability, and inadequacy Confusion, concentration problems Suicidal thoughts |

Source: Health Canada: Personal Services, 1994. Minister of National Health and Welfare
Appendix B

Suggestions for Relieving Stress at a Disaster Site

Surround oneself with happy art (drawn by children, cartoons, humor)

Carry pictures of friends, family, and pets

Exercise to the point of sweating

Wear comfortable clothes, shoes (buy new clothes that feel good)

Avoid watching television and radio coverage of the incident

Avoid drugs (alcohol, nicotine, caffeine, others)

Take time out

Take breaks every 2 - 3 hours

Stay hydrated

Eat well

Get exposure to sunlight

Look up at the sky

Take time for religious reflection

Share meal times with others

Share time with children

Ignore rumors

Try to sleep 9 hours a day

Catnap if you can

Practice relaxation techniques

Be prepared

Appendix C