



## **B.C. SEARCH & RESCUE ASSOCIATION**

### **CRITICAL INCIDENT STRESS MANAGEMENT PROGRAM**

#### **Repetitive Stress:**

Repetitive stress is the sense of “this can’t be happening AGAIN! Strong people, particularly those in the responder community expect that each time they have a challenge to act, that they will be fully able to respond. The fact of staying ready for duty and “on the line” depends upon as variety of variables. NONE of these are related to weakness, incompetence or being a wimp. A way of looking at the sense of depleted resources would perhaps be to look at your RESILIENCY Bank Account. If you have been working double or extended shifts, have a new baby at home, or other life stressors you might have depleted your typical coping menu. You could be working along side of a co-worker who has bankrupted his or her account. This can happen to anyone. Recognizing the signs of depletion/burn-out is most important.

Some behaviours and thoughts might include:

- Dreading to come to work in a job you used to love
- Excessive fatigue
- Increased irritability
- Over eating/loss of appetite
- Sleep disturbance
- Problems concentrating
- Distracted easily
- Excessive use of alcohol
- Use of recreational or prescription drugs
- Sadness which lingers for more that a few days
- Trouble finding meaning in what you do
- Isolating from others
- Stopping regular routines (socializing, exercising, previously enjoyed activities)
- Feeling overwhelmed

First Aid for resiliency depletion can be:

- Talking with a trusted friend/family member
- Getting a regular exercise routine
- Healthy eating habits
- Arranging to invite good sleep
- Limiting sugar, caffeine and alcohol intake
- Re-remembering what has worked for you in the past
- Connecting with activities which give you pleasure

When symptoms persist over time, seek assistance from the health plan or Employee Assistance program through your employer. Help each other to connect with resources that will help your team continue to be effective in providing service. Hitting your limit happens! How you handle that is vital to you and those around you.

For more information: [www.bcsara.com/cism](http://www.bcsara.com/cism)