

# First Responder Behavioral Health

*Stress, Anxiety, and Depression*

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# Boogey Man



# Stress, Anxiety, & Depression

**Stress:** wanting to be there, when you're here

**Anxiety:** thinking about the future too much

**Depression:** thinking about the past too much

# NEGATIVE FEELING ADJECTIVES



These adjectives describe bad feelings.

- |                 |                 |                 |                 |
|-----------------|-----------------|-----------------|-----------------|
| 1. Angry        | 26. Depressed   | 51. Hungry      | 76. Repulsive   |
| 2. Annoyed      | 27. Disgusted   | 52. Hurt        | 77. Sad         |
| 3. Anxious      | 28. Distracted  | 53. Idiotic     | 78. Scary       |
| 4. Arrogant     | 29. Disturbed   | 54. ill         | 79. Selfish     |
| 5. Ashamed      | 30. Dizzy       | 55. Immoral     | 80. Sick        |
| 6. Awful        | 31. Dozy        | 56. Insane      | 81. Silly       |
| 7. Bad          | 32. Dull        | 57. Itchy       | 82. Sombre      |
| 8. Bewildered   | 33. Egotistic   | 58. Jealous     | 83. Sore        |
| 9. Black        | 34. Embarrassed | 59. Jittery     | 84. Stupid      |
| 10. Blase       | 35. Envious     | 60. Lazy        | 85. Tense       |
| 11. Blue        | 36. Evil        | 61. Lonely      | 86. Terrible    |
| 12. Bored       | 37. Fierce      | 62. Mad         | 87. Terrifying  |
| 13. Climacteric | 38. Flipped-Out | 63. Melancholic | 88. Testy       |
| 14. Clumsy      | 39. Foolish     | 64. Mousy       | 89. Thoughtless |
| 15. Combative   | 40. Foul        | 65. Mysterious  | 90. Timid       |
| 16. Condemned   | 41. Frantic     | 66. Nasty       | 91. Tired       |
| 17. Confused    | 42. Frightened  | 67. Naughty     | 92. Troubled    |
| 18. Crappy      | 43. Giddy       | 68. Nervous     | 93. Upset       |
| 19. Crazy       | 44. Grieving    | 69. Nutty       | 94. Uptight     |
| 20. Creepy      | 45. Grumpy      | 70. Obnoxious   | 95. Weak        |
| 21. Cruel       | 46. Helpless    | 71. Outrageous  | 96. Weary       |
| 22. Dangerous   | 47. Homeless    | 72. Panicky     | 97. Wicked      |
| 23. Defeated    | 48. Horrible    | 73. Pessimist   | 98. Worried     |
| 24. Defiant     | 49. Horritic    | 74. Pessimistic | 99. Worse       |
| 25. Dejected    | 50. Hot         | 75. Poor        | 100. Wretched   |





## LIST OF GENERIC NEGATIVE AND POSITIVE COGNITIONS

<i>Negative cognitions</i>	<i>Positive cognitions</i>
<b>RESPONSIBILITY/I AM SOMETHING "WRONG"</b>	
I don't deserve love.	I deserve love; I can have love.
I am a bad person.	I am a good (loving) person.
I am terrible.	I am fine as I am.
I am worthless (inadequate).	I am worthy; I am worthwhile.
I am shameful.	I am honorable.
I am not lovable.	I am lovable.
I am not good enough.	I am deserving (fine/okay).
I deserve only bad things.	I deserve good things.
I am permanently damaged.	I am (can be) healthy.
I am ugly (my body is hateful).	I am fine (attractive/lovable).
I do not deserve . . .	I can have (deserve) . . .
I am stupid (not smart enough).	I am intelligent (able to learn).
I am insignificant (unimportant).	I am significant (important).
I am a disappointment.	I am okay just the way I am.
I deserve to die.	I deserve to live.
I deserve to be miserable.	I deserve to be happy.
I am different (don't belong).	I am okay as I am.
<b>RESPONSIBILITY/I DID SOMETHING "WRONG"</b>	
I should have done something.*	I did the best I could.
I did something wrong.*	I learned (can learn) from it.
I should have known better.*	I do the best I can (I can learn).
<b>SAFETY/VULNERABILITY</b>	
I cannot be trusted.	I can be trusted.
I cannot trust myself.	I can (learn to) trust myself.
I cannot trust my judgment.	I can trust my judgment.
I cannot trust anyone.	I can choose whom to trust.
I cannot protect myself.	I can (learn to) take care of myself.
I am in danger.	It's over; I am safe now.
It's not okay to feel (show) my emotions.	I can safely feel (show) my emotions.
I cannot stand up for myself.	I can make my needs known.
I cannot let it out.	I can choose to let it out.
<b>CONTROL/CHOICE</b>	
I am not in control.	I am now in control.
I am powerless (helpless).	I now have choices.
I am weak.	I am strong.
I cannot get what I want.	I can get what I want.
I am a failure (will fail).	I can succeed.
I cannot succeed.	I can succeed.
I have to be perfect (please everyone).	I can be myself (make mistakes).
I cannot stand it.	I can handle it.
I am inadequate.	I am capable.
I cannot trust anyone.	I can choose whom to trust.

\*Check: What does this say about you? (e.g., does it make you feel: I am shameful, am a bad person?)

# I am the rescuer

<b>HORRIBLE FEELING</b>	<b>Abandoned Rejected</b>	<b>Repeat (thought) Pattern</b>
<b>Defenses Developing</b>	<b>Good Guy Cover Develops</b>	<b>Don't talk about it Don't cry about it Don't ask for help</b>



# VICARIOUS TRAUMA

*Distress reaction*  
experienced because of  
exposure to trauma,  
And then *you change*  
somehow forever

Artist: Daniel Sundahl



# Types of Trauma

- **Present Day Triggers**



- **Old Points of Disturbance**

- Disorienting (normal/coping skills failed)
- Developmental, Attachment, Existential
- Less Acceptable (BIG Ts), Very Less Acceptable (Little ts)

- **Acute Stress Disorder (less than 1 month)**

- **Post Traumatic Stress Disorder**

- Life-threatening (witnessed or personal)
- Intrusive thinking
- Avoidance attempts
- Negative cognitions
- Hyperarousal
- Qualifier: with delayed onset
  - Significant with First Responders

# Trauma Bonding

For first responders, trauma bonding is when you experience something traumatic and it becomes **tied to the relationship** you have with someone, something, or some time.

## Alternative: Peer Support

A culture of listening, validating, relating, and referring (getting supportive help)



# First Responder Cumulative Stressor

## Empath Fatigue

Emotional exhaustion from *experiencing* the trauma of others

## Compassion Fatigue

Emotional exhaustion from the *constant demands* of helping/caring for others



Artist: Daniel Sundahl





## Burnout

Breakdown of  
*willingness* and *ability*  
to perform job duties  
due to overwhelming  
stress



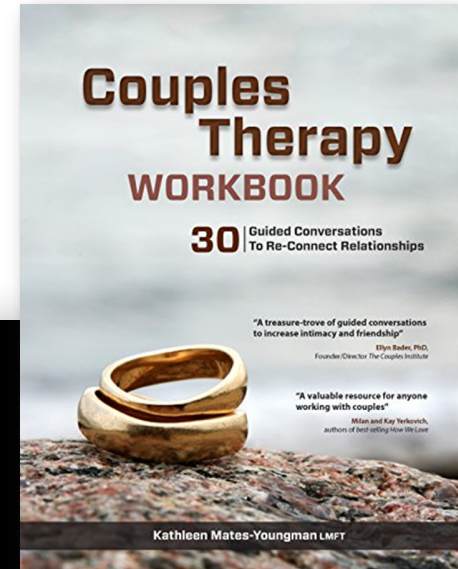
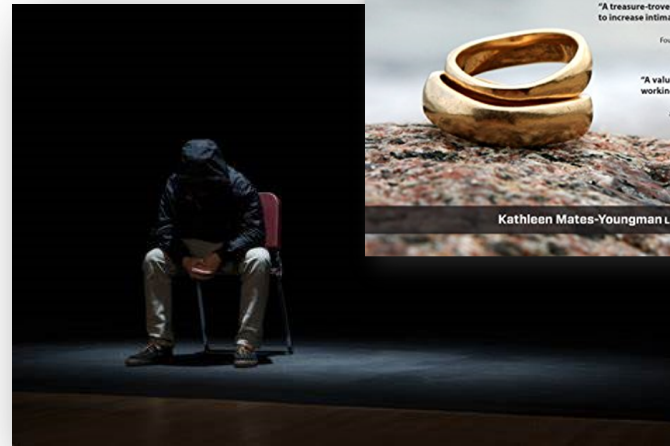
# Suicide Psych Education

## CLINICAL ASSESSMENT

- Suicide Fantasy
- Passive Suicide Ideation
- Suicide Ideation
- Suicidal
  - Hot blooded
  - Cold blooded

## HIGH RISK FACTORS

- Isolation
- Burden
- Thrill-seeker
- Ability/means
- Relationships/Love





# PERSPECTIVE

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3

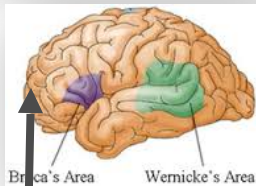
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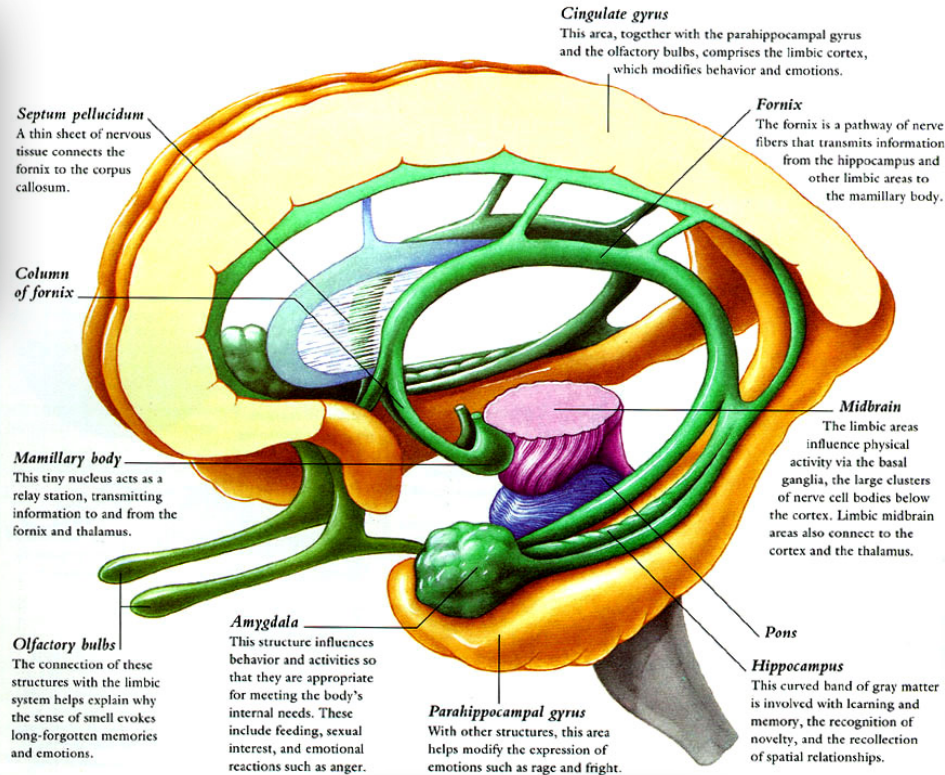
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# I don't want to talk about it.

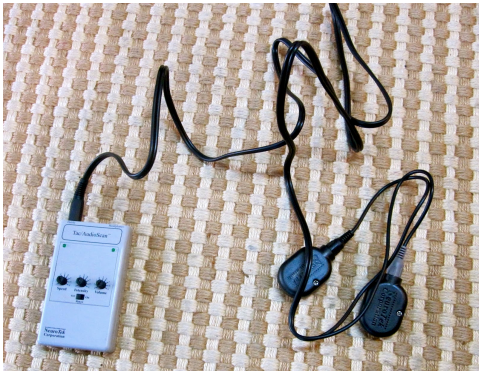
*Why talking or processing can help.*



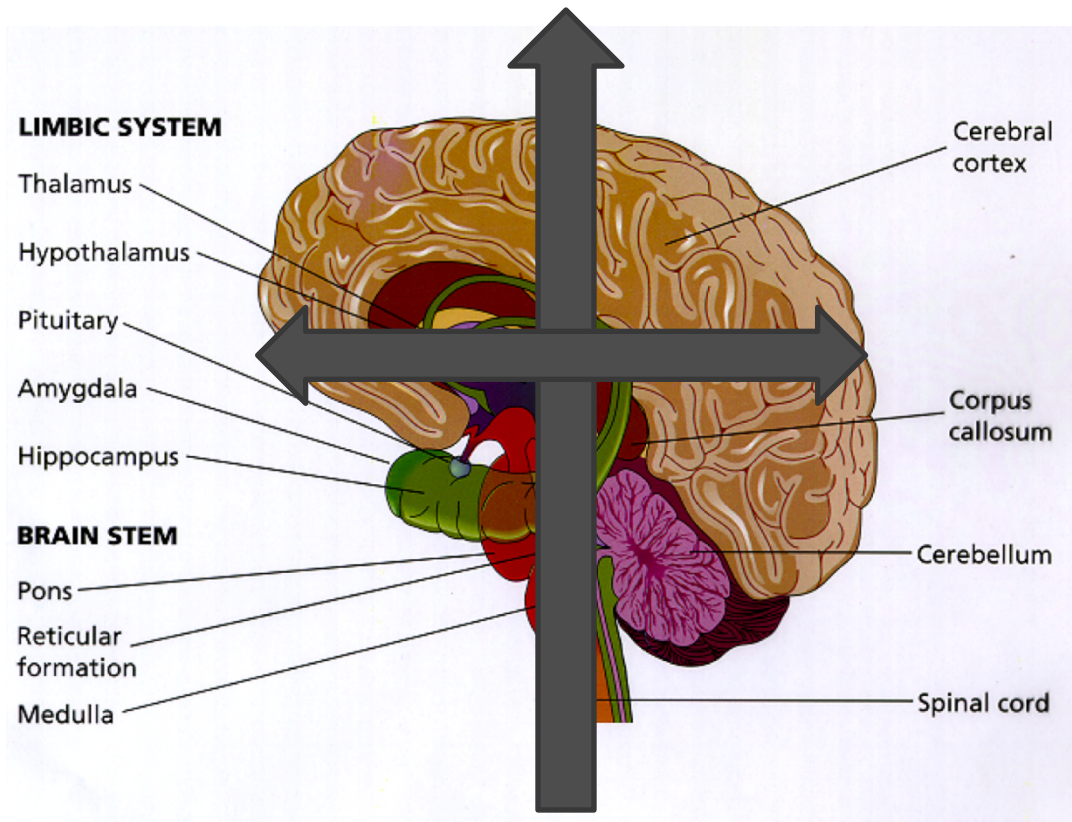
frontal cortex region



# Processing Challenging Memories



EMDRIA.ORG





## Assessment

Describe the situation

What is the image

Negative cognition

Emotion/feelings

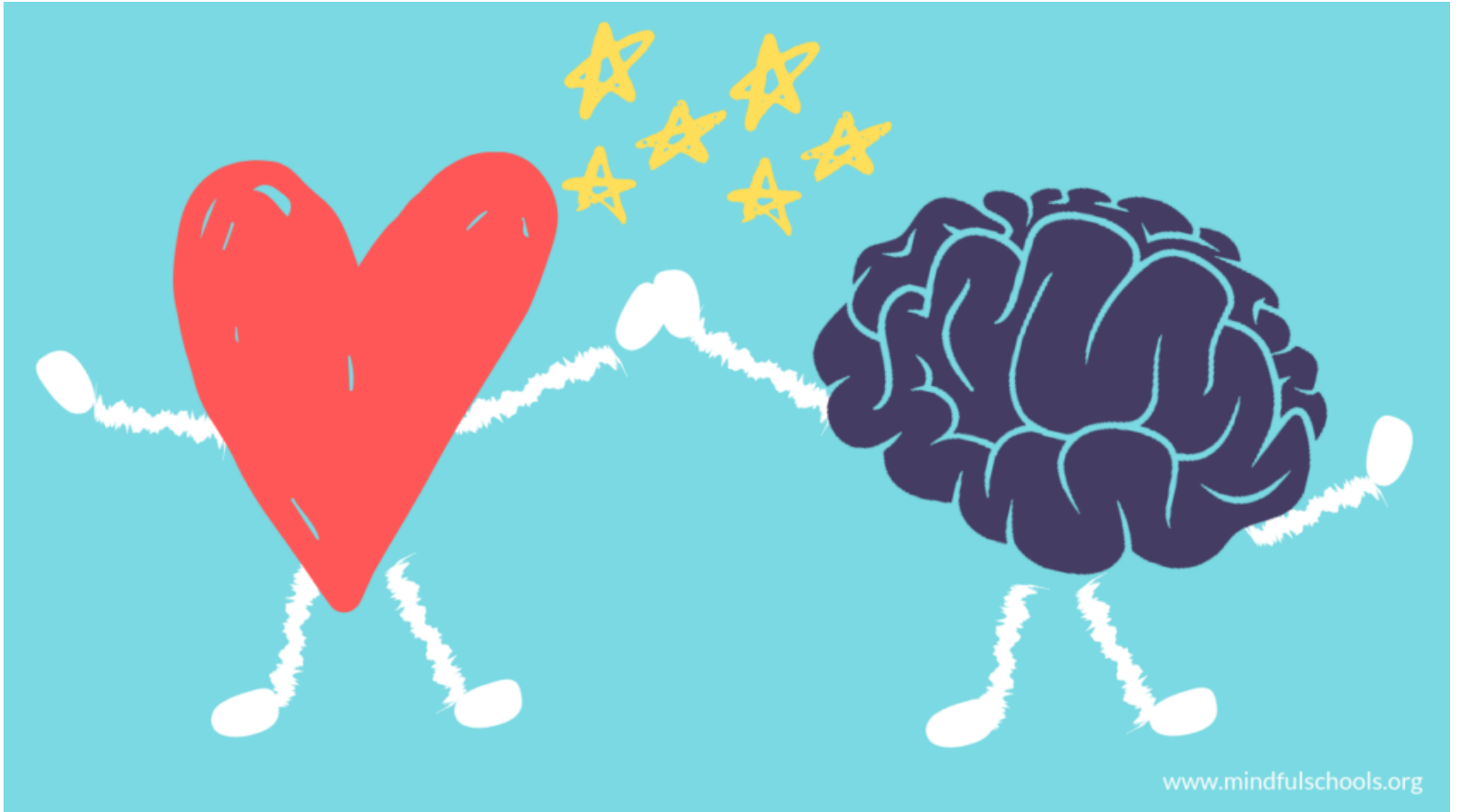
Body sensation

0-10 Upset-rating

Floatback



# MINDFULNESS



# Skyscraper Mind





# CBT Theory



+/- ENVIRONMENT +/-  
+/- THOUGHTS +/-  
+/- FEELINGS +/-  
+/- PHYSIOLOGY +/-  
+/- BEHAVIOR +/-



# ENERGIES

- SATTVIC
- RAJASIC
- TAMASIC



# Types of Crap

- The poop you throw in your own fan.
- The poop you throw in others' fans
- **The poop the universe throws in your fan.**



# TIME & MENTAL HEALTH

PAST

PRESENT

FUTURE



Not exist

Exists

Not exist

Difficult

Easy

Difficult

**Imagination:**  
Remember

**Experience**  
WISDOM

**Imagination:**  
Anticipate

Depression

DO = BE

Anxiety

# SELF vs. EGO



**Self**  
Feelings  
Managers  
Sabotagers

**Ego**  
Id  
Ego  
SuperEgo

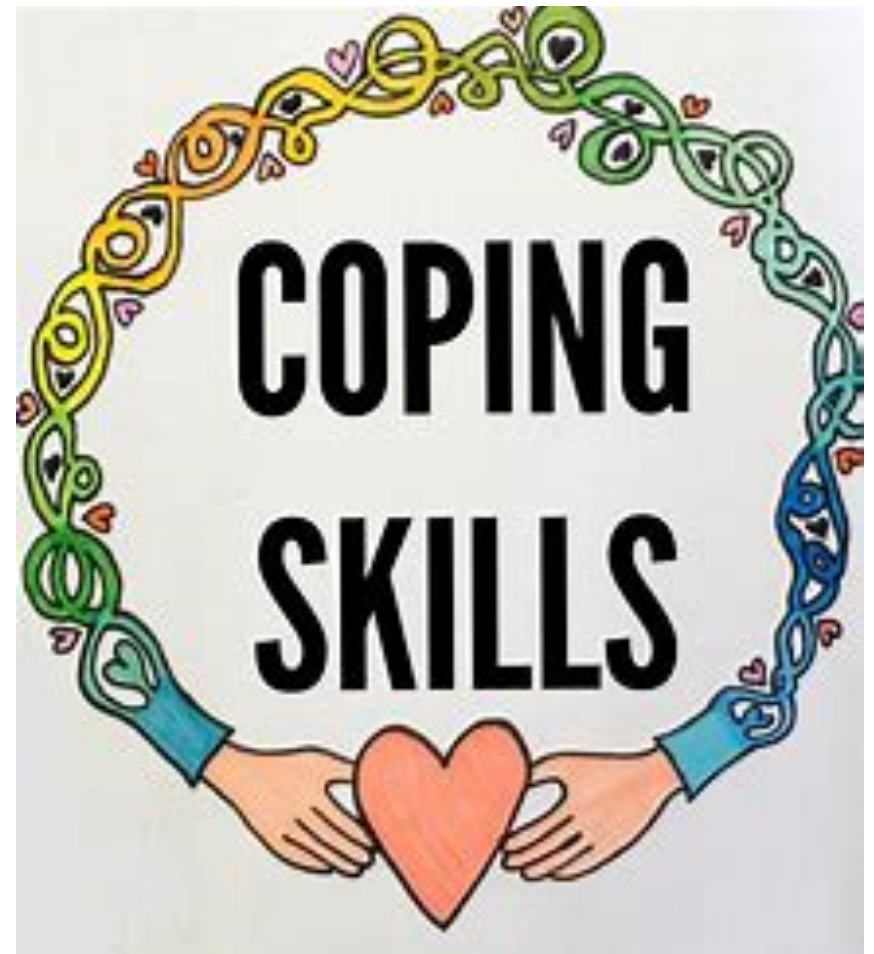
# 3 Experiences, 2 Choices

- Pleasant
- Unpleasant
- Neutral
  
- Impermanence
  
- WISE OR UNWISE



# MENTAL COPING SKILLS

- Non-reaction
- Non-judgment
- Non-attachment





# BEHAVIOR COPING SKILLS



- Agent of Change
- Remove
- Acceptance
- Awareness

# The Gift of Pain

- Pain
  - Thinking errors
  - Meaninglessness
  - Destruction
  - Low self-esteem
  - **Suffering**
  - Powerless
  - Failing
- Pain
  - Perspective
  - Purpose
  - Productivity
  - Pride
  - **Pleasure**
  - Powerful
  - Potential

# Motivation vs. Concentration

## Motivation

- Generally, happens after you start
- External locus of control
- Procrastinating
- Argument between the self and the ego

## Concentration

- What will I do
- What won't I do
- Breathe
- Withdraw from senses
- Turn inward
- Concentrate
- Meditate
- Bliss



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