



For You
(or someone you
care about)
In Crisis

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What is the difference between a “critical incident” and “crisis”?

It’s easy to confuse a “crisis” with a “critical incident”.

An active shooter at a crowded mall, the suicide of a colleague or friend, major damage due to a hurricane, flood or fire - these are all examples of critical incidents.

This is not the crisis.



What is “Crisis”?

A crisis is a **state of distress** following the critical incident.

Because the event was so

- ✓ Powerful,
- ✓ Intense,
- ✓ Unexpected and
- ✓ Personally connected to you...

...You are now in shock,
overwhelmed and in CRISIS.



Reactions to Crisis

When in crisis, people often experience the following:

- **Thinking** often become distorted, confused, uncertain, etc.
- **Feelings** often include fear, panic, shock, disbelief, sadness, etc.
- **Behaviors** and routine often become disrupted, unsure or unclear on what to do next, etc.
- **Body** often goes into a state of disrepair, to include headaches, muscle aches, digestive upset, changes to appetite, etc.



How long will I be in crisis?

When in crisis, it's natural to ask:
“Will I feel like this forever?”

How long will it take me
to feel “normal” again?



How long will I be in crisis?

The length of crisis is determined by the severity - or intensity - of the event you just experienced. In other words, **the more** horrific or tragic the experience, expect **the longer** you will be in a state of distress.

In other words -
the **more severe** the incident,
the **more intense the reactions** that follow,
the **longer crisis will last.**

For now, not forever...

Just as the incident didn't last - neither will the crisis.

You are now left to experience the crisis - the fear, worry, confusion, shock, doubt, disconnect, anger and so on. But so too will this subside. As we say in training, **this is your "for now", but not your "forever".**



How can I help myself - or someone I care about - in crisis?

We recognize 3 key factors imperative to the recovery process:
time, distance and support.

1. You've heard it said: "Time heals all wounds". **Time** allows us to gain information, perspective and opportunity for understanding. In time, sediment settles, giving way to a "new normal".
2. By its very nature, critical events are toxic, affecting and infecting all involved. Often times, "gaining ground" can be achieved by creating space and **distance** between you and the toxic situation.

How can I help myself - or someone I care about - in crisis?

3. While the first two (time and distance) may feel out of our control, **accepting support and supporting oneself is actively within our control.**

As we mentioned a crisis disrupting the way we think, feel and behave - here are some **recommendations** for restoring our system and speeding recovery...



Keep it Simple

- Hydrate (with water)
- Eat for “fuel”
- Move your body
- Sleep / Rest
- Vent with people you trust
- Limit alcohol (depressant)
- Limit caffeine (stimulant)
- Breathe deeply, Breathe often

What to “Do” ...

- Return to “Routine”
- Make a plan (minutes, hours, days)
- Make minor decisions to impress a sense of control
- Be with people & stay in places where you feel safe & belong

What to do with how I “Feel” ...

- Recognize that you are NOT your feelings
- Recognize that feelings are just “indicators”
- Recognize that you feel this way for now - NOT forever
- Be kind to yourself and gentle with your feelings
- Practice patience with self & others

What to do with what I “Think” ...

- Be aware of distorted thinking
- Recognize and explore options
- Be mindful of fault-finding, blame-gaming & assuming responsibility
- Recognize that NOT every thought that runs in your mind is fair, accurate or true

Seek additional support

- Crisis Support
- Peer Support
- Chaplain / Clergy
- Employee Assistance Program (EAP)
- or Mental Health Professional

For more information about crisis support or starting a crisis response team in your area, email info@crisissupportsolutions.com

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Be Capable in Crisis

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