

A Self-Care Plan

Building Your Bridge for Your Future

First Responders Bridge

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Objectives for Today's Presentation

- Discussing what your plan is for the next 30 days-for both First Responders and Second Responders (“significant others”)
- Figuring out where you are in the *Process of Change*
- Understanding how ready you are to change and begin recovery

What is a Self-Care Plan?

- It's an agreement to begin your healing from trauma.
- It's a 'bridge' between where you are now and where you would like to be in the future with your mental, behavior and spiritual health.
- It uses what you have learned at the retreat to reduce the effects of trauma.
- It's a contract between you and your higher power, your partner, your children, your coworkers, and/or The Bridge.

Why is a Self-Care Plan Necessary?

- The Impact of Adverse Responder Experiences
 - Critical Incidents
 - Death of a thousand cuts



Adverse Responder Experiences

- A coworker's death or disfigurement
- The death, rape, severe neglect or serious injury of a child or teenager
- Multiple fatalities or grossly harmed survivors
- Attempted or completed suicides
- Acts of terrorism
- Sexual assault
- A responder-involved shooting, serious accident, or abuse
- Grotesque injuries such as burned or dismembered bodies
- Acts of violence resulting in someone's death
- Natural or man-made disasters
- Administrative problems in your department that worsened your mental health
- Others

AREs Can Cause First Responders To...

- Have nightmares
- Feel tired, exhausted much of the time
- Get headaches
- Have difficulty breathing
- Feel anxiety, guilt, panic, anger
- Feel depressed most days
- Become hyper vigilant to your surroundings
- Develop sexual addictions
- Experience flashbacks of a traumatic event
- Become inattentive, distracted
- Withdraw from others
- Abuse drugs, alcohol
- Overeat, undereat
- Become irritable or very angry
- Have recurrent memories of traumatic events
- Hurt those around them

Second Responders See the Pain and Are Also Impacted by the Trauma

- What behaviors do you observe?
- How has your first responder changed?
- “He’s different...he’s angry all the time. He stays in the basement and tells me everything is fine.
- I’ve changed too.
- This is not the person I fell in love with and I don’t know how to help him, or myself.”

Impact of AREs on First Responders

The rate of **PTSD** among the general population is 6%

- It is **25-30% among first responders**
- First responders are **10 times more likely to attempt suicide**
- **85% of first responders have experienced symptoms related to mental health issues** such as heightened anxiety and depression
- Past month heavy or **binge drinking** was reported by about half of male firefighters; 9% reported driving under the influence. Over 39% of female firefighters binge drink
- In **2017, suicides left more officers and firefighters dead *than all line of duty deaths combined***
- In **2017, 46** police officers were fatally shot. More than triple that — **140** — committed suicide.



Impact of AREs on First Responders-2

The rate of PTSD among the general population is 6%. It is 25-30% among first responders. That does not tell the whole story...

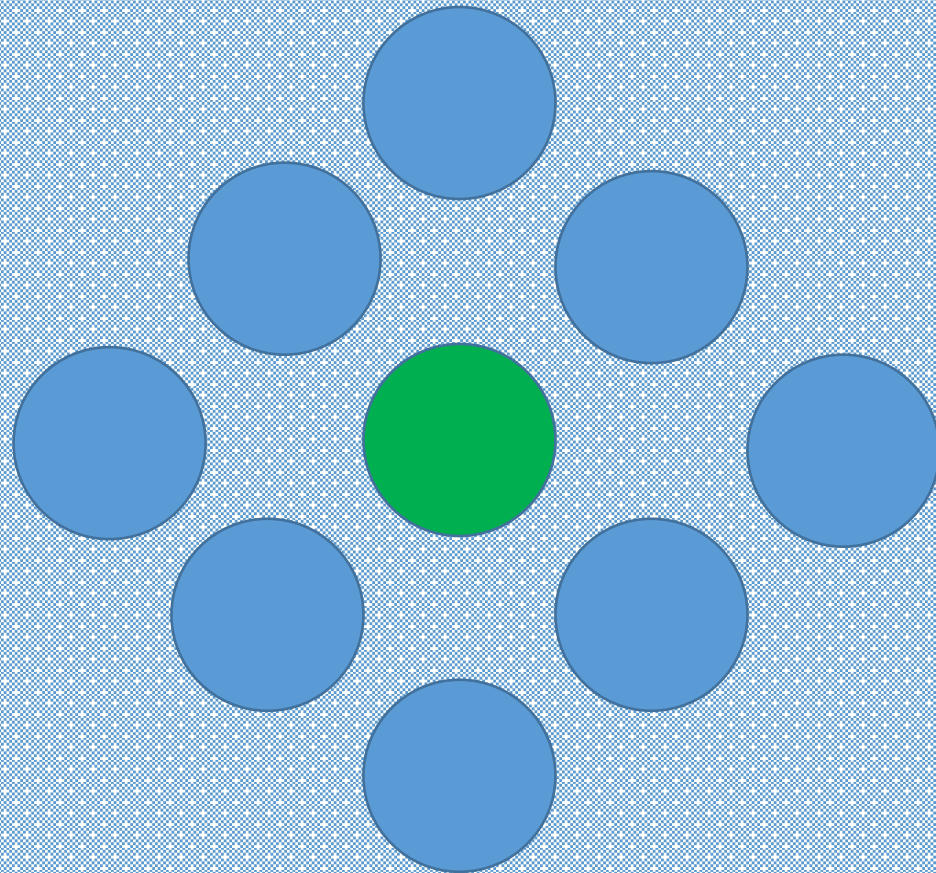
- PTSD Requires a Medical Diagnosis
 - Under reporting
- The other 70% of First Responders suffer from PTS
 - No formal program to address Critical Incidents
 - Death by one thousand cuts

AREs are the Problem NOT the Frist Responder

- Externalize the Problem:
 - “For the longest time I was angry at him. I was blaming him for how his job changed him. **It is the horrible things he has seen that are the problem.**”
- We do not blame, alienate, or turn away from others when they need help
- We work to strengthen them

Why is Self Care So Important?

- How Many People Rely On You?



Why is Self Care So Important?-2



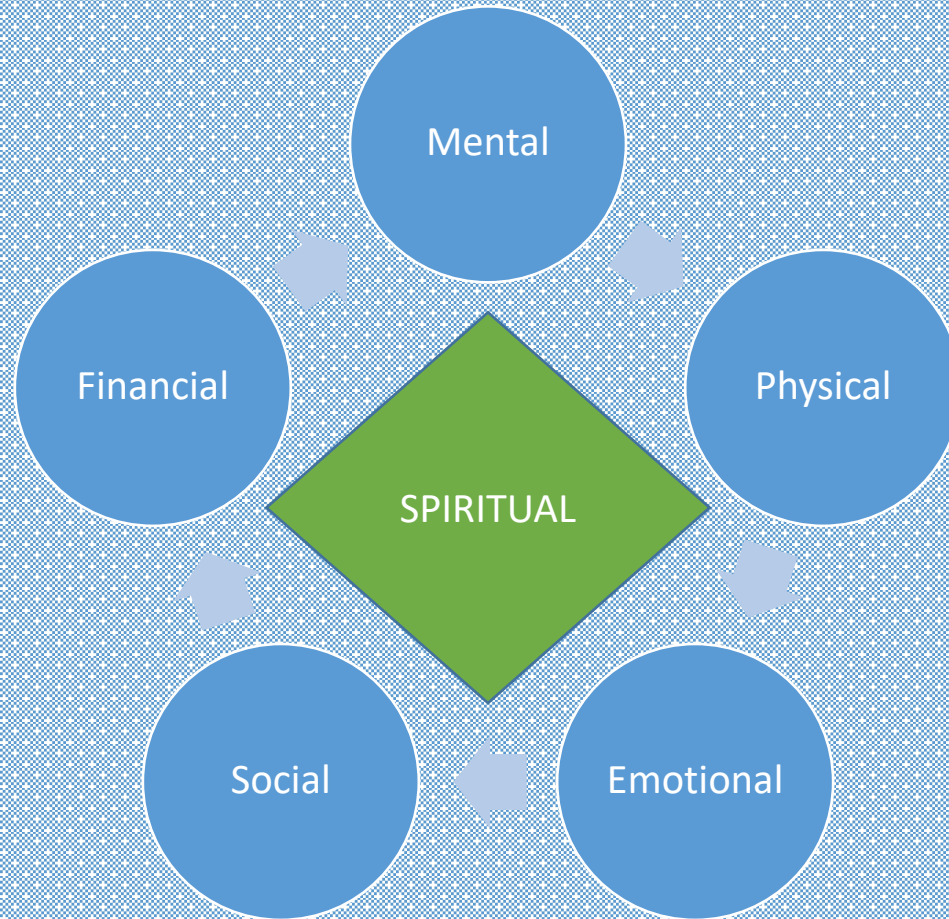
- When you fly on an airplane, the flight attendant instructs you to **“put your oxygen mask on first,” before helping others.**
- Why is this an important rule for ensuring survival? Because if you run out of oxygen yourself, you can’t help anyone else with their oxygen mask. Or put more simply: **if you die, you can’t help anyone else.**

• Donnaschilder.com

Why is Self Care So Important?-3

- Believe it or not, you and your family deserve a life filled with:
 - Joy
 - Happiness
 - Love
 - Fun
 - Passion
 - Fulfillment
 -
- Life is TOO Short to be MISERABLE!

Six Areas of Wellness



Evaluate Yourself AND Have your Significant Other Evaluate You



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	MENTAL	EMOTIONAL	PHYSICAL	SPIRITUAL	SOCIAL	FINANCIAL
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						

6 AREAS OF WELLNESS

THE GREATER YOU

Sample Evaluation- Where do you put your Efforts?



Sample Evaluation- Where do you put your Efforts?



Reality

- Pick 2-3
- Likely cant be successful with more
- All are related but some more than others
- Select the areas where you create the most impact
- Re-Evaluate your scores on a routine basis

What Might your Goals for Your Self Care Plan Look Like?

- Not to be so isolated, angry
- Learn about resources available and access them
- Being more supportive of my partner
- Increase awareness of the stress that First Responders experience
- Become a better care giver for myself
- “Get out of the hole”
- Help my First Responder by being there for him/her

Do You See Challenges?

How ready are you to begin to take care of yourself?

- When you attempt to change something about yourself, you will go through predictable stages of change on your journey to recovery.
- **It is useful to know which stage you are currently experiencing because you can use specific strategies that will be effective in taking you to the next stage in your recovery of healing.**

Stages of Change

- **Precontemplation:** I'm just not going to do it
- **Contemplation:** I may just do it
- **Preparation:** I'm getting ready to just doing it
- **Action:** I'm just doing it

When people change, they do so by moving through these stages. Change is a process. There are six stages, but we will only focus on these four

It's important for you to identify which stage you're at so that you can make a self care plan that works. The most effective self-care plans address where you are in this stage of change.

Dr. James Prochaska

Transtheoretical Model

Precontemplation

- First responders in this stage have **no intent to take any action on self-care. They don't see a need to change, at least yet. You are not ready for a change because you haven't acknowledged there is a problem**
- "I am only here because she told me I had to go."
- People in this stage will typically rebel if they feel forced to change
- They may want to self-care, but do not intend to change
- I'm just not going to do it



Contemplation

- The first responder is **considering both the pros and cons of self-care**
- “Do I get help or not?”
- The **pros of adopting self-care strategies are outweighing the cons**
- The first responder however, often **remains ambivalent** and continues to question the need to change his/her behavior.
- It **may only take one more ‘pro’ to tip the scales** and help the first responder move to the next stage.
- I may just do it

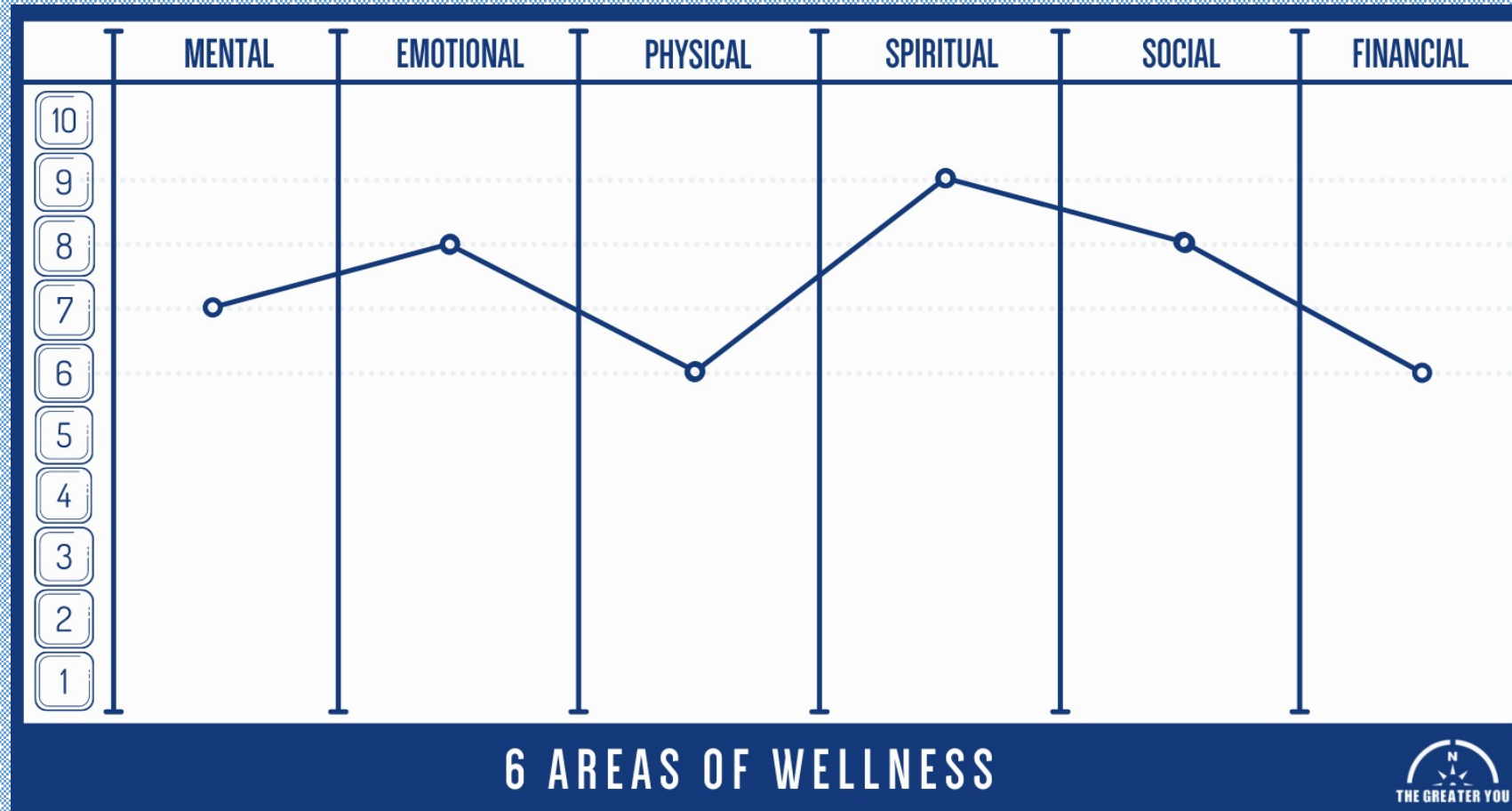
Preparation

- The first responder in this stage has **made a commitment to begin self-care and will do so in the next 30 days**
- “Changing my behavior has more positives than negatives.”
- He/she is taking real steps to begin acting on healing
- The first responder is **identifying what resources are needed to get help and make a change**
- I’m getting ready to just doing it

Action

- In this stage, **self-care has started**
- The first responder is beginning to take **real steps towards better psychological, physical and spiritual health**
- You are working on being less self-destructive
- **Maintenance of self-care is key** so first responders need encouragement and support
- **Anticipate relapse-it will happen**, so plan for it
- I'm just doing it!!!!

Sample Evaluation- Where do you put your Efforts?



Root Cause Analysis

- You can not successfully change your behavior if you don't understand what thinking causes the behavior
- Put another way- You need to identify the problem that you are trying to solve
- I want to stop yelling at my kids
 - Why do you yell at your kids?
 - What thinking drives that behavior?
- Use the 7 Why technique
 - Keep asking why until you get to the thinking that causes the behavior
- Root Cause Analysis for PTSD or Depression requires Clinical Assistance
 - Don't self diagnose with an internet survey!

The New Years Eve Problem

“Why do many attempts to change behavior fail?”

- Plans will fail if you don't take into account your **readiness to change**
- Human beings have a bias against change because they **believe that they can not change**
 - The reality is that **change is constant**
 - You began changing in the precontemplation stage
 - You changed when you registered for this retreat
 - You changed when you walked through the door on Friday night
- You did not use a **Root Cause Analysis** approach
- You **did not create SMART Goals**
- **Change is HARD**
- Change requires **Relentless Effort**

26.2 Miles

- How do you run a **Marathon?**
 - **One Mile at a time**
 - Track your **Splits**
 - Give your self some grace

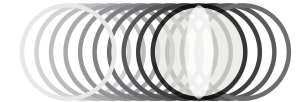
How do you Lose Weight?

- **One Pound at a time**
- Track your **progress**
- Give your self some **grace**

Each **new day is an opportunity** to succeed

Each new day is an opportunity to **learn from yesterday** but give yourself **grace** if you did not succeed

Plant a Tree to Form a New Habit



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New Habit

You will begin to shift into a new habit
with five key root ingredients :



New Behavior

Repetition

Positive Self Talk

Over Time

Consistency

- Habits are agnostic
 - Neither Good or Bad
 - They signal consistent behavior
- Replace habits that negatively affect your life with something positive
- If you fail to find a replacement the negative behavior will return to fill the void
- Life is Like the Martial Arts
 - Find the Balance!

Precontemplation phase: What can you do?

- **Second Responders: don't try to force someone to take care of himself/herself**
- First Responder, **get as much information as you can** so you can make an informed decision to change- **PTS, PTSD, depression, stress, what AREs do to you over time**
- Understand how your **Trauma** is affecting people in your world
- Compare **how you were when you started** your career, **with what you've become**
- **Seek input from others you trust**, such as your significant other, children, a coworker
- **Write about what could be different** if you took steps to take care of yourself
- Think about other First Responders who were hurting...**what happened to them?**

Contemplation phase: What can you do?

- The first responder should consider all of the benefits and risks, the pros and cons, that are associated with self-care.
- **Make a list of the pros and cons of changing**
 - **Get help creating that list** from someone you trust. Ask your partner to add to the list from their point of view.
 - **Talk to a professional** about what you think would have to happen to lead to change.
- **Challenge the 'cons' on the list...one by one**

List of Pros and Cons for Starting Self-Care

Pros

- I would **learn more** about what is bothering me and why I am so angry
- If I got self-care, I could **help other** first responders someday.
- I could **stop having nightmares**
- My **drinking could decrease** or stop
- My **marriage could improve**
- My **kids wouldn't fear me**
- I **wouldn't hate myself** and feel guilty so much

Cons

- I would be **embarrassed** to go and talk to someone about what I've experienced
- I could get known as "**Crazy Chris**"
- A therapist probably **wouldn't understand** me even if I shared
- I would be **afraid of failing** if I started to make a change in myself
- I don't know of any help where I live

Preparation phase: What can you do?

- **View past attempts to self-care as not failures but you are a “work in progress”**
- **Use your inner strengths** that are **inherent in all first responders** to your advantage: problem solver, being patient, being solution focused, being a hard worker, etc.
- Make your commitment to take care of yourself ‘public’ to your **Accountability Partners**
- **Second Responders can help** by helping remove barriers (excuses)
- Get contact information for **professionals, support groups or peers**
- **Root Cause Analysis**
- **WOOP**
- **SMART Goals**

WOOP

WISH

OPPORTUNITY

OBSTACLES

PLAN

WOOP



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WISH

What do you Want
Very High Level

OPPORTUNITY

Most Important Step
Be as specific as possible

OBSTACLES

Use your Root Cause Analysis
Think of other things that get in your way

PLAN

SMART Goals
Plan-Do-Check-Act

SMART Goal

SMART GOALS

- **Specific-** I want to determine if I have PTSD
 - **Measurable-** I will ensure that a licensed clinician determines that diagnosis
 - **Attainable-** I will attend the required sessions to allow for the diagnostic process
 - **Relevant-** Understanding if I have PTSD will inform treatment options to change undesirable behavior
 - **Time-Based-** I will work with my licensed clinician to determine the appropriate time frame for a diagnosis
-
- You may need to create multiple SMART Goals for one Issue
 - You want to stop drinking
 - Attend AA
 - Partner Support
 - Social Settings

SMART Goal

- **Specific-** I want to more effectively communicate with my significant other
- **Measurable-** My significant other and I will enroll in couples counseling to determine our current communication approach and our desired end state
- **Attainable-** I will attend the required sessions and do the homework to achieve the desired results
- **Relevant-** Improving communication with my significant other will reduce stress in our relationship and offer us the ability to further support each other during difficulties experienced on the job or in our personal lives
- **Time-Based-** My significant other and I will work with the couples therapist to determine the timeline to achieve our desired end results

SMART Goal

- **Specific-** I want to stop drinking
- **Measurable-** I will base my success on whether or not I consumed alcohol on a given day
- **Attainable-** I will attend AA and follow the recommend 12 step program
- **Relevant-** I recognize that my drinking puts a great deal of stress on my marriage and children. I have engaged in risky behavior that could cost me my job.
- **Time-Based-** I will refrain from drinking one day or one hour at a time. I recognize that this is a life long commitment

SMART Goal

- **Specific**- I want to pay off my credit card debt
- **Measurable**- I will base my success on whether I can realize an overall reduction of credit card debt of \$100 per month
- **Attainable**- My spouse and I will commit to refrain from further credit card charges unless there is an emergency that involves the health or safety of our family. We will commit to use the funds that we save from no new charges to pay down each credit card beyond the minimum required payment. We will explore consolidating debt and may decide to consult a debt relief professional.
- **Relevant**- I recognize that our financial situation creates a great deal of stress that results in angry outbursts. The current financial situation causes me to work extensive overtime and special duty leaving me little time for self care, physical fitness and time with my family.
- **Time-Based**- We will this approach until we have reduced our debt by 90%

Action phase: What can you do?

- **Celebrate Success!!!!**
- **Expect relapse** to happen. Discuss **how you will get back on track**
- **Give yourself some Grace**
- **Encourage significant others to attend sessions** with you
- Work with your significant other to make a record of your progress



What to do WHEN You Relapse

4 Step Process to Emotional Clearing (The Greater You)

- Identify the Feeling
- Honor it and give yourself permission to feel
- Discern and Learn
- Let It Go

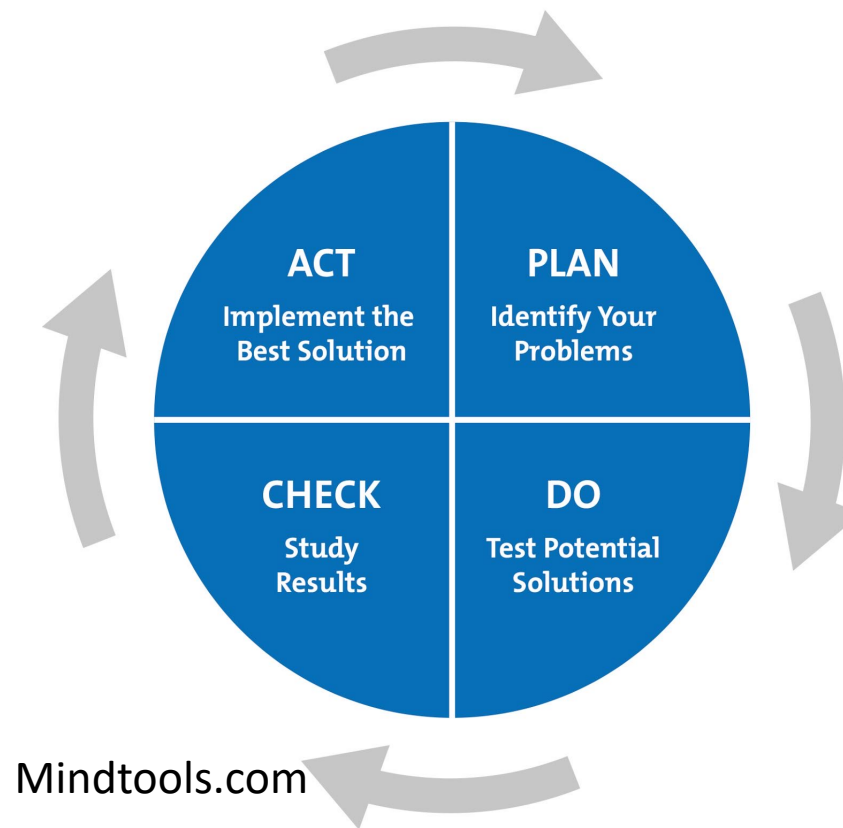
Guiding Principles

- You must be accountable for your own feelings
- You must own your feelings
- Does your feeling come from Victim thinking?
- A bad decision does not mean you are a bad person
- Tomorrow is another opportunity for success!!!
- Give yourself GRACE

PLAN-DO-CHECK-ACT

Continuous Process Improvement

Figure 1: The Plan-Do-Check-Act Cycle



FutureMe.org



The screenshot shows a web page for FutureMe.org. At the top left is the logo 'futureme.org'. A navigation bar contains links for 'Write a Letter', 'Read Public Letters', 'What?', 'Props', and 'S'. The main content area displays a letter titled 'Hello, futureCraig'. The letter text reads: 'Dear FutureMe, It has always been my fantasy to go back in time and kick my own ass. When you do, please, be gentle and nothing below the belt. I'm sure by now you've learned Karate or something and will easily be able to defeat me. Or will you... PS. I hope you are continuing to kick a significant amount off ass. Please do not suck. --PastCraig'. Below the letter, it says 'sent 2 years into the future, to November 20th, 2005' and 'Like! (27) this letter | Flag as inappropriate'.

Things to Consider on Your Way Home

- You have taken a huge step on your journey to wellness
 - Attack the journey with Relentless Effort
 - Continue to ask for help and support
 - EMDR
 - Peer Support
 - Professional Support
 - Coaching
- You can offer Support to Others
 - You must put your oxygen mask on first
 - Training
 - Clinician clearance
- You have been given a gift this weekend
 - Would you offer this gift to a co-worker or another brother or sister First Responder?
 - This weekend costs about \$600 per person
 - The ultimate goal of the First Responders Bridge is to expand the Retreats and offer Follow up Sessions
- Would you be an Ambassador for the Program with fellow First Responders?
 - Don't allow your Brothers and Sisters to suffer in silence
 - Your recommendation about this program can change their lives

Albert Einstein

- The Measure of Intelligence is the Ability to Change
- The True Measure of a Man is His Ability to Subjugate His Own Ego

The Man in the Arena

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

- Excerpt from the speech "Citizenship in a Republic" Given by Theodore Roosevelt
- Sorbonne, Paris, France April 23, 1910