



Sask CISM  
Network

# Saskatchewan Critical Incident Stress Management Network

✉ info@saskcism.ca

🌐 saskcism.ca | 📘 cism.sk

## TRAUMATIC INCIDENTS

Any event outside the usual realm of human experiences that causes a high level of distress and can overwhelm normal coping skills.

## CRITICAL INCIDENT STRESS

The response an individual experiences after being exposed to a traumatic event. It can occur within hours, days, or weeks after a highly distressing experience.

Each individual is unique in how they interpret an event and the reactions they experience. Critical Incident Stress Reactions can be:

PHYSICAL

EMOTIONAL

COGNITIVE

BEHAVIOURAL

SPIRITUAL

## CRISIS INTERVENTION IS

A temporary, active, supportive response in the life of an individual or group during a time of extreme distress, where support and skilled assistance is key in recovery of those who are affected.

A variety of group and individual crisis intervention skills, assessment tools and different interventions are selected to meet the need of the individuals or groups.

## ABOUT SASK CISM NETWORK

We provide Peer-to-Peer support for those who work in public safety and healthcare in Saskatchewan. Our services include education, resources, training and response. Critical incident stress management is a comprehensive, integrated approach to support all public safety personnel and healthcare workers' wellbeing and resilience. This is done by providing training, education, peer support and spouse/ family education when they experience traumatic stress, cumulative stress, or need to learn more about self-awareness and healthy coping.

Our team members are trained in ICISF Group Crisis Interventions, Assisting Individuals in Crisis and Advanced Group Crisis Intervention. We adhere to the highest standards for education and response as recommended by the International Critical Incident Stress Foundation (ICISF), the ICISF - Canada and the Alberta Critical Incident Peer Network. Peer Support programs also provide a link with mental health practitioners and outside counselling agencies when required.

**It's common to have reactions after a traumatic event. It's also common not to be affected. Stress reactions are not a sign of weakness. They are a sign of being human.**

**If the signs of distress do not subside within two to three weeks, or for more information about Traumatic Stress, reach out for help.**

**FOR CISM SUPPORT**

📞 306.731.7954

#youarenotalone #heretohelp

## COMMON STRESS REACTIONS

### PHYSICAL

Fatigue / chills / digestive issues / weakness  
persistent headache / muscle tremors  
elevated pulse / elevated blood pressure

### COGNITIVE

Confusion / nightmares / flashbacks / blaming  
hypervigilance / intrusive thoughts / poor  
problem solving / inability to focus or make  
decisions

### EMOTIONAL

Anxiety / fear / guilt / grief / irritability  
anger / emotional shock / sadness / uncontrolled  
emotional outbursts

### BEHAVIOURAL

Withdrawal / inability to rest or sleep / change in  
behaviours / change in appetite / hypervigilant  
self-medicating / isolation / anti-social behavior  
avoidance

### SPIRITUAL

Anger at the creator / withdrawal from own faith  
loss of inner strength and self-efficacy / inability  
to see beyond this experience / crisis of faith  
uncertainty of how to move forward in life after  
this experience

## THINGS YOU CAN DO TO HELP YOURSELF

- Have a workout or good walk each day for the next few days after the experience. It helps rid the body of the byproducts of the stress reaction.
- Refuel your body with nutritious meals/snacks.
- Avoid numbing out on alcohol or other substances, because it slows the healing process.
- Talk with people you trust about your feelings. Avoid details of the event itself.
- Surround yourself with supportive family and friends.

- Try to return to a familiar routine as quickly as possible, because it will help you recover more easily.
- Be patient with yourself and others. Everyone heals in their own time and in their own way.

## WHAT OTHERS CAN DO TO HELP

**LISTEN** - be sensitive to the individual's circumstances and perspective.

**ACKNOWLEDGE** that strong reactions are common after traumatic events.

**REASSURE** him/her that they are safe now.

**HELP** with everyday tasks. It helps to feel more in control.

**SUPPORT FAMILY MEMBERS** too.

**RESPECT** alone time for the individual.

**BE SUPPORTIVE** of choices necessary to promote positive change and recovery.

**BE PATIENT.** All of this takes time. Everyone recovers from traumatic stress reactions at different rates.

**BE A BENEFICIAL PRESENCE** in their lives.

Please remember these are guidelines in promoting healthy choices and good coping skills to support resiliency.

**Whenever you're in doubt, consult with a CISM Team Member or Mental Health Professionals for further advice and direction.**



### FOR CISM SUPPORT

 306.731.7954

#youarenotalone #heretohelp

### CRISIS LINE

Call or Text 2-1-1 or visit  
sk.211.ca