



NAEMT Mental Health Resilience Officer Course - Personal Resilience Plan

	Thriving	Surviving	Struggling
	Under routine circumstances/stress levels, I will take these actions to sustain and enhance my resilience:	When my stress levels are increased above normal, I will take these actions to support and maintain my resilience:	When my stress levels are threatening to overwhelm me, I will take these actions to regain my resilience:
Biological I will take these actions for my physical wellbeing and health.	Example <ul style="list-style-type: none"> do cardio exercise 30 minutes/day moderate consumption of alcohol and caffeine make getting 8 hours of sleep each night a priority 	Example <ul style="list-style-type: none"> devote at least 15 minutes/day for exercise monitor consumption of alcohol and caffeine unwind at least 30 minutes before going to sleep by silencing phone and not watching high action/violent programs 	Example <ul style="list-style-type: none"> do some form of exercise to help unwind each day – yoga, tai-chi, taking a walk limit consumption of alcohol and caffeine before going to sleep, take a warm shower and silence phone to unwind
Psychological I will take these actions for my personal emotional and psychological health.	Example <ul style="list-style-type: none"> meditate/pray 10 minutes/day be aware of daily stressors 	Example <ul style="list-style-type: none"> at the end of work shift, reflect on the day and how it impacted emotional/psychological health practice the 5-4-3-2-1 exercise to clear head and reduce stress level 	Example <ul style="list-style-type: none"> engaging external support through a therapist or chaplain
Social I will take these actions to support my interpersonal relationships with others.	Example <ul style="list-style-type: none"> build in time to connect with family and/or friends practice open communication with colleagues 	Example <ul style="list-style-type: none"> reach out to members of support network of family and/or friends share personal reactions to stressors 	Example <ul style="list-style-type: none"> share situation with a member(s) of support network of family and/or friends limit arguments with loved ones