

Emotion Go Kit EmComm East 2010



So, DO YOU feel like this guy?

1



Emotional Go Kit

Chuck Blocher, Ph.D., KC2IQV

2

Emergency/Public Service Deployment



Preparation is the key to success...

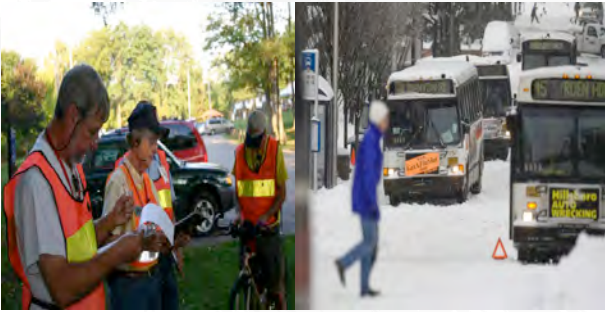
3

What is Stress?



4

Causes of Stress...



...Short term response or Acute Stress 5

Causes of Stress...



...Prolonged or Chronic 6

What is Traumatic Stress?



7

Causes of Traumatic Stress...



...Loss of Family/Friends & Natural Disasters 8

Causes of Traumatic Stress...



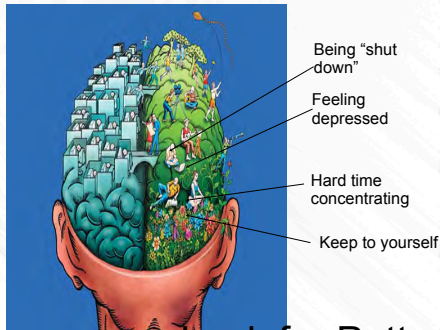
...War Experience & Acts of Terrorism 9

Stress & Trauma Effects People Differently...



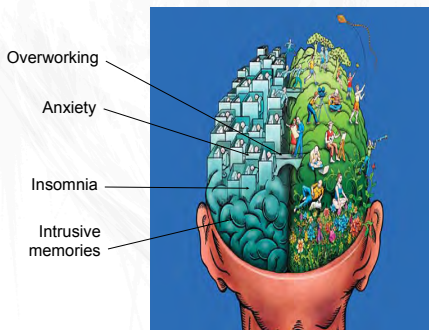
...So, how are people effected? 10

Traumatic Stress Manifestations...



...Look for Patterns 11

Traumatic Stress Manifestations...



...Look for Patterns 12

Emotion Go Kit

EmComm East 2010

What to do...Before Emergency



- Balanced Life Style
- Family Preparation
- Talk to your family
- Self-Awareness

13

What to do...Before Emergency



- Stress Management Training
- Prepare Go Kit
- Employment

14

What to do...During Emergency



- Know your JOB
- Emergency & Public Service Expectations
- Encourage and support
- Be Patient/Positive

15

What to do...During Emergency



- Take Regular Breaks
- Practice relaxation
- Nutrition/Exercise
- Stay in contact

16

Emotion Go Kit

EmComm East 2010

What to do...After Emergency



- Debriefing (Emotions)
- Reconnect with family
- Continue normal leisure activities

17

What to do...After Emergency



- Spirituality & Personal Beliefs
- Use stress management techniques
- Seek help, if needed

18

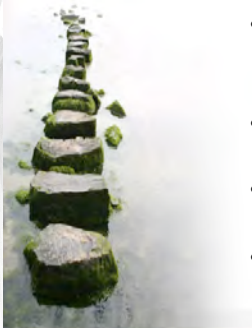
Emotional Go Kit...



- Journal or Record your Thoughts
- Take a few "items"
- Debrief your emotions

19

Emotional Go Kit...



- Favorite Stress Management
- Favorite Nutrition/Exercise
- Know where to get help
- Make this apart of your Go-Kit list

20

Emotional Go Kit...

Putting it all together.....My Example:

Stress Reduction Kit

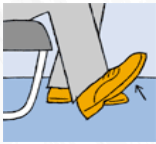


- Directions:
1. Place kit on FIRM surface.
 2. Follow directions in circle of kit.
 3. Repeat step 2 as necessary, or until unconscious.
 4. If unconscious, cease stress reduction activity.

21

Emotional Go Kit...

Putting it all together.....



Dorsiflexion: With heel on floor, point toes upwards, decreasing the angle between the foot and front of the leg. Repeat with other foot.



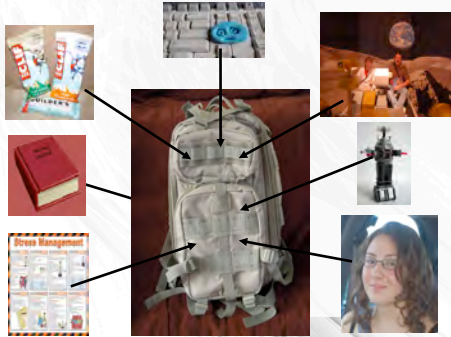
Plantar flexion: Stretch the foot and toes down and back, increasing the angle between top of the foot and front of the leg. Repeat with other foot.

United Airlines In-Flight Exercises Routine

22

Emotional Go Kit...

Putting it all together.....My Example:



23

Emotional Go Kit...



Chuck Blocher, Ph.D., KC2IQV

Email: KC2IQV@ARRL.NET

(Images used for educational purposes only)

24
