

# CRITICAL INCIDENT STRESS MANAGEMENT 101: BUILDING RESILIENCY

After experiencing a critical incident, it is normal to feel emotionally overwhelmed. Used to being the go-to person for everyone else, athletic trainers might not take the time needed to care for themselves after an abnormal event. Athletic training is a peer-driven profession. ATs understand ATs, which is why it's important to have the tools necessary to be able to spot and help your fellow ATs who are in need of support.

## THE 3 TYPES OF STRESS



**Eustress:**  
Motivating stress



**Distress:**  
Excessive stress, but most show resilience at this level



**Dysfunction:**  
Severe impairment to one's ability to perform normal activities

## KNOW THE SIGNS AND SYMPTOMS

Distress and dysfunction come in many forms and can impact a person's thinking, emotions, behavior, body and spirituality. It's imperative to be able to identify someone who shows signs and symptoms of dysfunction, which include but are not limited to:

- Paranoid ideation
- Disabling guilt
- Delusions
- Panic attacks
- Post-traumatic stress disorder
- Impaired function
- Violence
- Self-medication
- Chest pain
- Recurrent dizziness
- Inability to speak
- Cessation from the practice of faith



## WHAT CAN I DO?

### Contact ATs Care

ATs Care can provide psychological and emotional support to athletic trainers after a critical incident.



**Hotline: 972.532.8821**  
**ATsCare@nata.org**

### SAFER Model

- **Stabilize**—make sure their basic needs are being met
- **Acknowledge** the crisis
- **Facilitate** understanding
- **Encourage** effective coping, such as participation in the ATs Care program
- **Referral**—facilitate access to continued care



### Receive CISM Training

Critical Incident Stress Management (CISM) is an acute intervention designed to stabilize and mitigate the crisis response. It is a comprehensive, phase sensitive, integrated, multi-component approach to crisis/disaster intervention. The purpose of CISM is to help a person increase their resilience against distress and dysfunction.

Through CISM training, you will be able to identify, assess, support and refer additional assistance to an individual following a critical incident. For more information about CISM training, email **ATsCare@nata.org**.

