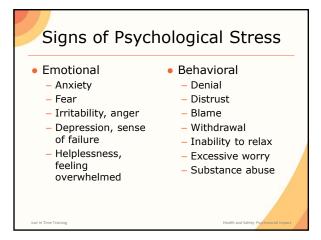
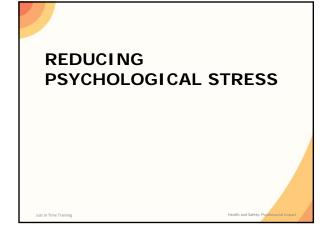


SIGNS OF PSYCHOLOGICAL STRESS Physical Cognitive Emotional Behavioral









Pace yourself Take frequent rest breaks Mental fatigue increases risk of injury Take breaks away from work areas Try to maintain a normal schedule Regular eating and sleeping times Drink plenty of water Avoid the use of caffeine when possible Eat a variety of foods Increase intake of complex carbs

Reducing Psychological Stress

- Communicate with loved ones
- Choose your own comfort level
- Avoid substance abuse
- Practice stress/relaxation techniques
- Accept what you cannot change
- Formal mental health support

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alth and Safety:

Prevention

- Be aware of psychological stress
- Monitor levels of stress
 - Yourself
 - Other responders
- Seek assistance
- Severe psychological disorder
 - Contact a health professional immediately

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Health and Safety:

Resources

- Substance Abuse & Mental Health Services Administration (SAMHSA)
 - Disaster Health Services

http://www.samhsa.gov/trauma/index.aspx#rhp

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lth and Safety: Psychoso



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