

### Illinois ATs Care Intervention Processes are:

Confidential	Educational
Peer Driven	Not a Critique
Insures "we" are not alone	Available at NO Charge
Allows Ventilation	Allows Peer Support

### Illinois ATs Care Team Services:

Pre-Incident Education/Preparation	Disaster Demobilizations
On-Scene Support Service	Defusing
Individual Crisis Intervention	Debriefings
Crisis Management Briefings	Chaplain Services
School Crisis Management	Family Education/ Support
Administrative Staff Consultation	
Follow-up Services	

### Tips for Family & Friends:

- Listen carefully
- Spend quality time with loved one
- Reassure safety
- Allow for private time
- Avoid critiquing, probing or attempting to fix the problem
- Support with everyday tasks, e.g., household chores, childcare
- Avoid as "It's God's Will" or "It could have been worse", etc.

For more information on the Illinois ATs CARE Team, contact:

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All services are free of charge and rendered taking the greatest care to maintain the



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# Illinois ATs CARE Team

## Critical Incident Stress Management Team

Our team's mission is to provide peer assistance to all personnel and students within the Illinois Athletic Training community

## SELF CARE FOLLOWING A CRITICAL INCIDENT

### **What is a Critical Incident?**

A critical incident is an event that can disrupt a person's psychological balance, overwhelm usual coping mechanisms and have the potential to create significant human distress. This event does not need to be catastrophic to be deemed "critical".

### **What is the Illinois ATs CARE Team?**

Illinois ATs CARE Team operates within IATA and seeks to lessen the impact of stress reactions during or after a critical incident within the Illinois Athletic Training community. The Illinois ATs CARE Team accomplishes its



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## Common Signs/Reactions And Symptoms/

### Thoughts Of Concern

Critical incidents may produce a wide range of stress symptoms. Stress symptoms usually occur in five different categories: Cognitive (thinking), Physical (body), Emotional (feelings), Behavioral (actions), and Spiritual (relationship with God). The more symptoms experienced, the more powerful the stress reaction. The longer the symptoms persist, the more potential there is for lasting harm. The following is only a sample of stress symptoms that can show up after a critical incident:

#### **Cognitive**

Poor Concentration	Difficulties With Calculations
Poor Attention Span	Difficulty Making Decisions
Slowed Problem Solving	Memory Problems

#### **Emotional**

Guilt	Feeling Lost/Overwhelmed
Depression	Anxiety/Fear
Grief	Loss Of Emotional Control
Anger	

#### **Physical**

Muscle Tremors	Chest Pains
Gastrointestinal Distress	Difficulty Breathing
Headaches	Elevated Blood Pressure

#### **Behavioral**

Excessive Silence	Sleep Disturbances
Extreme Behavioral Change	Changes In Eating Habits
Withdrawal From Contact	Change In Work Habits

#### **Spiritual**

Uncharacteristic Faith Involvement	Anger at Clergy
Sense of Isolation from God	Questioning Basic Beliefs
Loss of Meaning or Purpose	Faith Practices Empty

Thoughts and reactions in relation to a stressful event may last a few days, weeks or months and occasionally longer depending on the severity of the traumatic event. With understanding and the support of loved ones, the stress reactions usually pass more quickly. Occasionally the traumatic event is so painful that professional assistance from a counselor may be beneficial and necessary. This does not imply craziness or weakness. The need simply indicates that the particular event was just too powerful for the individual to manage on his/her own.

## Taking Care Of Yourself. . .

- .. Vigorous Exercise (especially within the first 24 hours)
- .. Plenty of rest
- .. Normal routine
- .. Structure your time, keep busy
- .. Use Vitamins B & C to boost immunity.
- .. Spend time with trusted family, friends, co-workers
- .. Share your thoughts with trusted family, friends
- .. Deep breathing exercises
- .. Relaxation
- .. Meditation
- .. Do things that feel good to you
- .. Reach out—avoid isolation
- .. Avoid life altering decisions
- .. Avoid / Reduce the use of caffeine, drugs, alcohol
- .. Keep a personal journal—write your way through sleepless nights
- .. Maintain good posture—removes the weight from your shoulders
- .. Check in on your peers / co-workers
- .. Remember it is okay to smile and laugh—laughter increases oxygen to your brain
- .. Recognize you are experiencing stress

### Avoid Negative Stress Coping Strategies

- .. AVOID—Denial or ignoring the problem
- .. AVOID—Fault finding or complaining, or criticize or judging
- .. AVOID—Indulging or buying on impulse or wasting time or sleeping in
- .. AVOID—Passivity or procrastination . . . Hoping it gets better
- .. AVOID—Revenge or getting even or talking mean—sarcasm
- .. AVOID—Stubbornness or rigidity or demanding your own way or refuse to be swayed

\*\* Watch out for illnesses, developing headaches, stomach disorders, accident proneness\*\*

