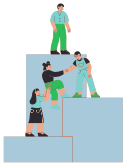
Crisis Response Journey

Pre-Crisis

Preparedness/Awareness

Create a Crisis Plan

Develop a detailed plan with emergency contacts, self-care routines, and coping strategies.



Build a Support Network

Connect with clinical oversight, resources, and mental health professionals.

Crisis Detection

Anxiety, Vigilance

Recognize and Name Emotional Responses

Be aware of early emotional responses like anxiety and fear.

- Early detection can help you manage the crisis more effectively.

Communicate Needs

- Engage professionals and support networks about the emerging crisis. It's okay to admit that you're struggling. Seeking help isn't a sign of weakness.

Immediate Response

Stress, Anxiety, Fear

Hit the Pause Button

Take a moment to breathe deeply and manage immediate emotional reactions.

Don't Catastrophize

Try not to let past experiences run your emotional response

Avoid Major Decisions

Refrain from making significant decisions during this phase of the crisis.

Engage in Rescue Self-Care

Implement quick self-care techniques like deep breathing or a brief walk.

Crisis Management

Support, Stability

Engage Support Networks

Reach out to your established support network for help.

Stay Hydrated and Nourished

Ensure proper nutrition and hydration.

Take Regular Breaks

Taking regular breaks from caregiving duties is crucial. Respite care can provide temporary relief, rest & recharge.

Post-Crisis Reflection

Reflection, Healing

Reflect but Don't Ruminate on the Experience

Analyze what happened and how you responded. Acknowledge that you prepared yourself for situations that you cannot control.

Learn From the Experience

Write down insights and lessons learned. What helped you? Who showed up? What can you do differently?

Engage in Deep Self-Care

Dedicate time to activities that promote deep relaxation and recovery. Catch up on sleep: you cannot pour from an empty cup.

Reintegration

Return to Baseline

Reestablish Routine

Gradually return to normal activities.

Balance Focus

Ensure the member who experienced the crisis doesn't remain the sole primary focus to the detriment of other needs—attend to siblings, friends, family, & yourself as well.

Update Crisis Plan

Revise your plan based on what you've learned.

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