

## Promoting and Maintaining Resiliency

- Eat healthy foods and drink plenty of water
- Avoid excessive caffeine, alcohol and tobacco use
- Eat Healthy foods and drink plenty of water
- Get adequate sleep and rest
- Get physical exercise
- Talk about your emotions to process what you have seen and done
- Talk with your family and friends frequently
- Use counseling assistance programs available through your agency
- Participate in memorials, rituals and use of symbols as a way to express feelings
- Consider the utilization of a Resiliency Training program for your agency

*For additional information or assistance contact the Disaster and Terrorism's First Responder Coordinator, Michael Parmenter at 609-358-4912 or by email at: [NJ.FirstResponder@dhs.state.nj.us](mailto:NJ.FirstResponder@dhs.state.nj.us)*



All services are free and sponsored by the **New Jersey Department of Human Services, Disaster and Terrorism Branch** through a **Federal Emergency Management Agency (FEMA)** grant.

## Additional Resources



CALL US 1-855-NJ-HOPELINE (654-6735)  
**NEW JERSEY HOPELINE**



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## Promoting and Maintaining **Resiliency** in First Responders

- **Dedication**
- **Bravery**
- **Professionalism**
- **Resiliency**



**State of New Jersey**  
Chris Christie, Governor  
Kim Guadagno, Lt. Governor

**Department of Human Services**  
Jennifer Velez, Commissioner



**S**uperstorm Sandy left a path of destruction and devastation throughout New Jersey. Police, Fire, Emergency Medical and Emergency Management

Responders displayed bravery, professionalism and dedication as they protected the residents, homes and businesses that were affected so severely by the unprecedented storm.

**F**irst Responders continue to show their resiliency and rise to the challenges that confront them. It is said that no one responds to a disaster without being touched by it in some way. For First Responders disasters become the not so welcomed opportunity to utilize skills, test emergency response plans and work in cooperation with neighboring agencies. For some

it can become an event which shapes careers in a positive manor and foster confidence in abilities. For others it can be a cause of stress and promote feelings of sadness, grief and anger which are normal reactions to an abnormal situation.

**T**he Disaster and Terrorism Branch, along with Rapid Assessment Deployment and Response (RADAR) partners are available to assist in your needs. We are trained and experienced First Responders and Clinicians that can help with this process. Our services are free, confidential and can be tailored to your needs.

## Promoting and Maintaining Resiliency in First Responders

### Normal Reactions to a Disaster

- No one who responds to a disaster is untouched by it
- Profound sadness, grief and anger are normal reactions to abnormal events
- You may not want to leave the scene until the work is finished
- You likely will try to override stress and fatigue with dedication and commitment



### Signs That You May Need Assistance

- Difficulty communicating thoughts.
- Difficulty remembering instructions
- Difficulty maintaining balance.
- Uncharacteristically argumentative
- Difficulty making decisions
- Limited attention span
- Disorientation or confusion
- Unable to engage in problem solving
- Unable to let down when off duty
- Loss of objectivity
- Easily frustrated
- Tremors/headaches/nausea
- Colds or flu-like symptoms
- Increased use of drugs or alcohol