

Do not protect yourself from grief by a fence, but rather by your friends.

Czech proverb

HEALTHY SOCIAL CONNECTIONS

MODULE 3

Ripple Effect

Each member of the family can be affected by what he or she has faced due to the responder's participation in a critical incident

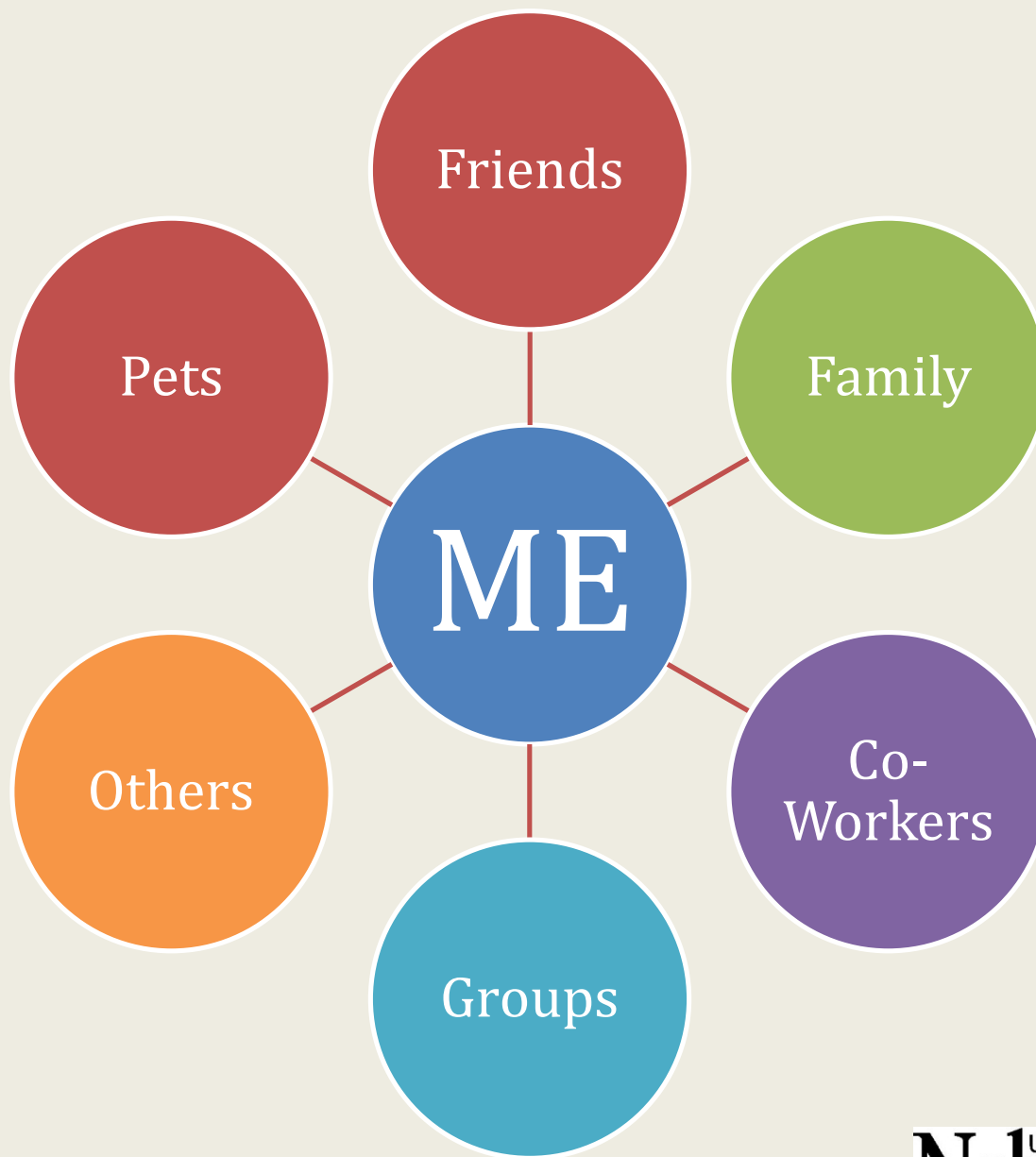
Talk to family/friends

- There are ways to share without overexposing your loved ones
- Silence can make family members worry or jump to conclusions

Social Connections Exercise

- Map or draw out your most important social connections/relationships. This allows you to see the “big picture” of who you are connected to and what those connections mean to you
- Only put people in who are readily accessible
- Start with people in your community and then add people who you mainly communicate with by phone, text or email
- Put in individuals, groups, or organizations

Berkowitz, S., Bryant, R., Brymer, M., Hamblen, J., Jacobs, A., Layne, C., Macy, R., Osofsky, H., Pynoos, R., Ruzek, J., Steinberg, A., Vernberg, E., & Watson, P. (2010). The National Center for PTSD & the National Child Traumatic Stress Network, *Skills for Psychological Recovery: Field Operations Guide*.



Reviewing the Social Connections Map

- Where are your most important connections right now?
- Whom can you share your experiences or feelings with?
- Whom can you get advice from to help you with your own resilience?
- Whom would you enjoy spending some time with?
- Who might need your help or support?

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Discussion

- Are there people on the map you have tried to protect from the rigors of your job? If so, is there a way you can let them see through the fence a little more than you have in the past?
- Take away.....*Connection is Protection!*