



Looking After Yourself – Its Not Horsing Around

Mental Health is a continuum





People have
normal reactions to
abnormal events.

Participating in Challenging Events

- How you EXPERIENCE an event determines the impact!
- Some events have some impact on most people for a variable period of time.
- The way we perceive an event is influenced by a whole range of things.

Participating in Challenging Events

The impact of a specific event is ALSO influenced by:

- What else is going on in my life at this time - this affects my overall resilience
- What I learned about myself and others during an event
- My body reactions during the event- adrenalin fear/fight/flight response
- How I processed the information during and after the event
- What I did during the event and how I feel about my performance

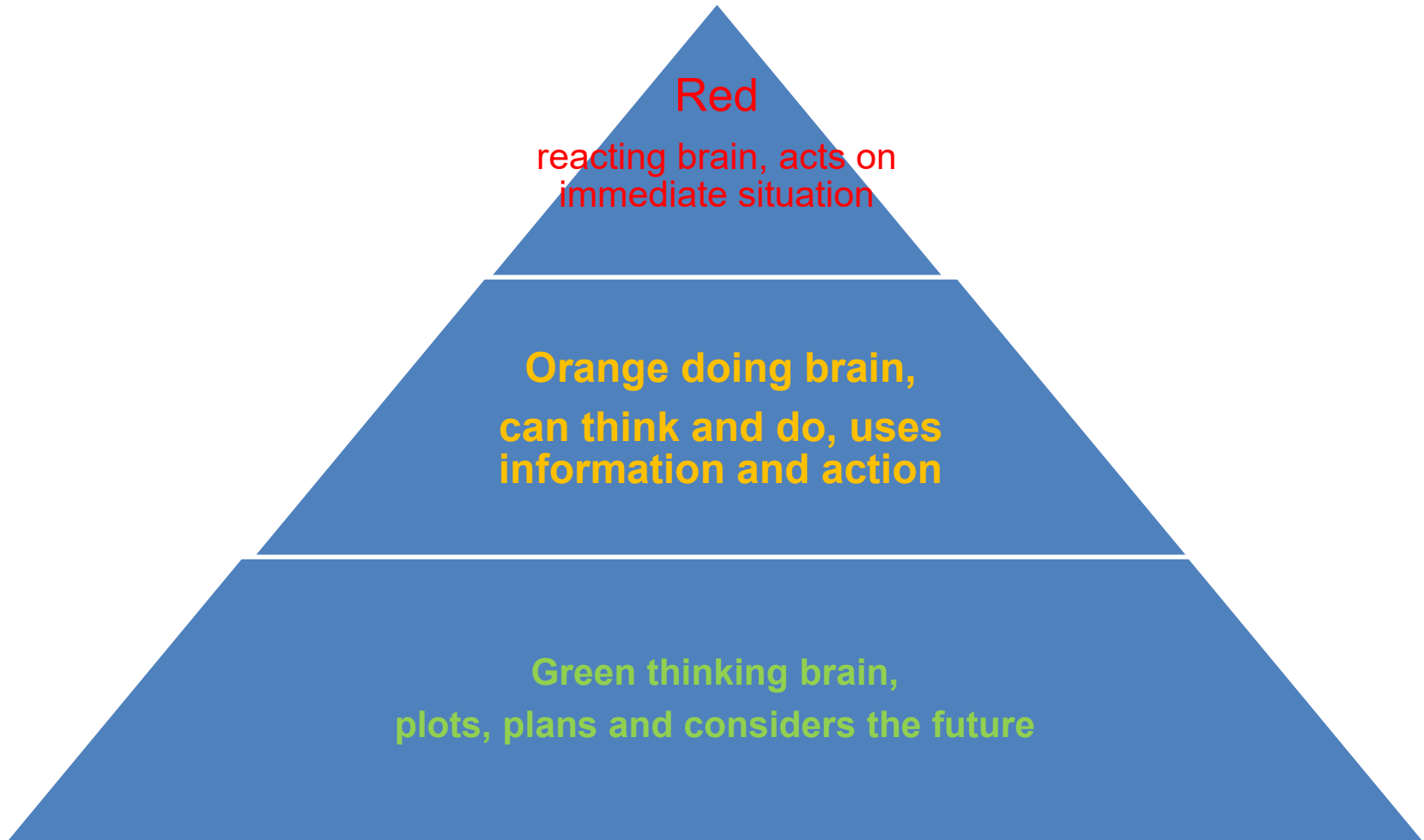
Participating in Challenging Events

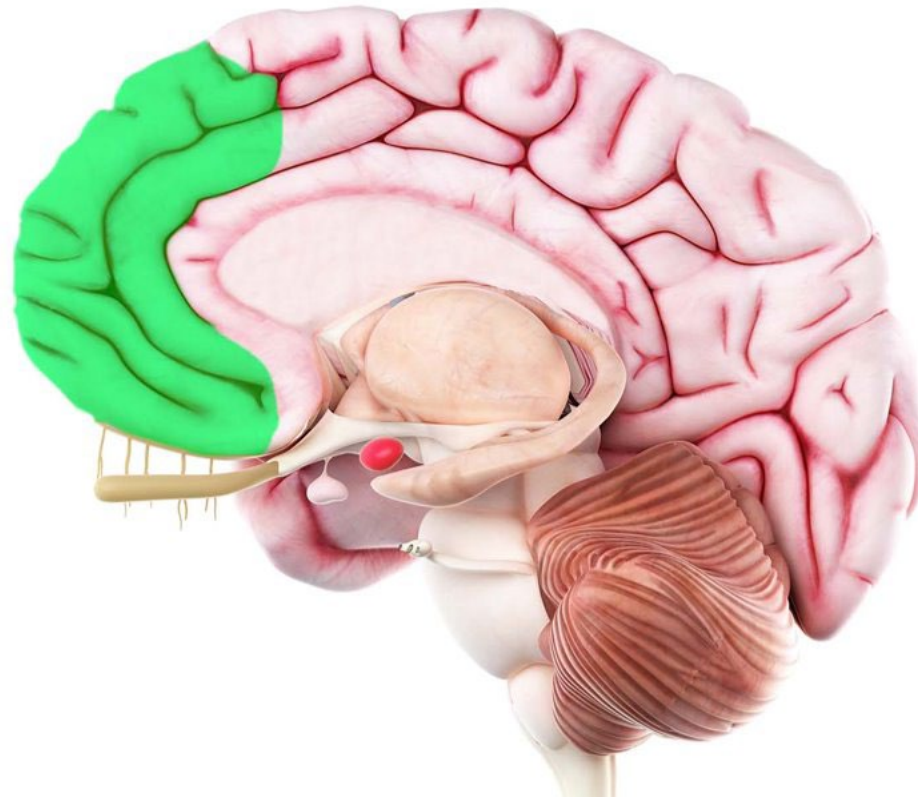
It is NOT true that all people involved in challenging events are traumatized and develop PTSD:

- Some people are resilient to the effect of events
- Some people are temporarily upset and distressed and grow out of their participation in events
- Some people become traumatized by single and/or repeated exposure.

Know what to look
out for.

The Impact of Adrenalin





The Impact of Adrenalin

Know how to dial it
back.

Coping Strategies

Breathing

Grounding

Mindfulness

Summary

People have normal reactions to abnormal events.

Know what to look out for.

Know how to dial it back.