FRONTLINE FRAMEWORKS

FORTIFY THE FRONTLINE

RECOGNIZING STRESS PATTERNS TOOLKIT



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THIS TOOLKIT IS DESIGNED TO HELP YOU RECOGNIZE PERSONAL STRESS TRIGGERS, NOTICE PHYSICAL WARNING SIGNS EARLY, AND DEVELOP PRACTICAL COPING STRATEGIES.

IDENTIFYING STRESS PATTERNS BEFORE THEY ESCALATE CAN REDUCE MISTAKES ON THE JOB, IMPROVE COMMUNICATION WITH YOUR TEAM, AND PROTECT YOUR LONG-TERM MENTAL HEALTH.

INCLUDED IN THIS TOOLKIT:

PERSONAL STRESS TRIGGERS WORKSHEET
BODY WARNING SIGNS CHART
COPING PLAN WORKSHEET
JOURNAL PROMPTS FOR REFLECTION

USE BEST JUDGMENT WHEN PRACTICING THESE TECHNIQUES. ALWAYS PRIORITIZE SAFETY AND YOUR OPERATIONAL GUIDELINES

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FORTIFY THE FRONTLINE

PERSONAL STRESS TRIGGERS WORKSHEET

IDENTIFY YOUR TOP STRESS TRIGGERS
COMPLETE THIS SECTION TO INCREASE YOUR AWARENESS OF THE SITUATIONS OR EVENTS THAT TEND TO SET YOU OFF.

EXAMPLES:



- LONG SHIFTS / OVERTIME
- HIGH-CONFLICT CALLS
- FAMILY WORRIES DURING SHIFT
- FEELING UNSUPPORTED BY TEAM
- GRAPHIC TRAUMA SCENES

MY TOP 5 STRESS TRIGGERS:

1.
2.
3.
4.
5.

KEEP THIS LIST VISIBLE IN YOUR NOTES, LOCKER, OR TRAINING BINDER.

WARNING

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BODY WARNING SIGNS CHART

HOW STRESS SHOWS UP PHYSICALLY
USE THIS CHART TO RECOGNIZE EARLY WARNING SIGNS IN YOUR BODY.

BODY SIGNAL	MY EXPERIENCE ✏️
JAW CLENCHING	
SHOULDER TENSION	
SHALLOW OR RAPID BREATHING	
HEADACHE	
UPSET STOMACH	
RESTLESSNESS	
INCREASED HEART RATE	
FEELING HOT / FLUSHED	
TUNNEL VISION	
NAUSEA	

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COPING PLAN WORKSHEET

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JOURNAL PROMPTS FOR REFLECTION

USE THESE PROMPTS TO DEEPEN SELF-AWARENESS.
WRITE AS MUCH OR AS LITTLE AS YOU NEED.

“WHAT SITUATIONS MAKE ME FEEL MOST STRESSED ON THE JOB?”
“HOW DO I NOTICE STRESS IN MY BODY FIRST?”
“WHAT HAVE I TRIED THAT HELPS ME CALM DOWN?”
“WHAT WOULD I WANT MY PARTNER OR TEAM TO KNOW ABOUT HOW STRESS AFFECTS ME?”
“HOW DO I WANT TO HANDLE STRESS DIFFERENTLY GOING FORWARD?”

TIP: USE THESE DURING DOWNTIME, AFTER SHIFT, OR IN PEER SUPPORT GROUPS.

USAGE RECOMMENDATIONS

BEST USED DURING TRAINING SESSIONS, WELLNESS CHECK-INS, OR PERSONAL REFLECTION.
HELPS BUILD PERSONAL READINESS AND REDUCE RISK OF BURNOUT.

USE BEST JUDGMENT WHEN PRACTICING THESE TECHNIQUES.
ALWAYS PRIORITIZE SAFETY AND YOUR OPERATIONAL GUIDELINES