



Resilience in EMS: What it is and How to Get it

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**EMS is a stressful
occupation.**

Burnout

92% of a mostly volunteer
EMS sample were emotionally
burned out.

(Essex, 2008)

PTSD

≈20% (4%-40%) of EMS providers
have probable PTSD.

(Hegg-Deloye,2013; Rybojad,2016)

Depression

6% of EMS providers
were depressed.

(Bentley, 2013)

Suicidality

Rates of **contemplating (37%)** or **attempting (6.6%)** suicide are **≈10X higher** than the general population.

(Newland et al., 2015)

We can mitigate
some of the risk

Sleep, managing shifts, etc.

But we can't eliminate it.

So what do we do?

Build **resilience**:

The ability to bounce back from
stress and adversity

And even better...

**Handling stress and adversity so
well you don't have
to bounce back.**

What I'm going to Cover Today

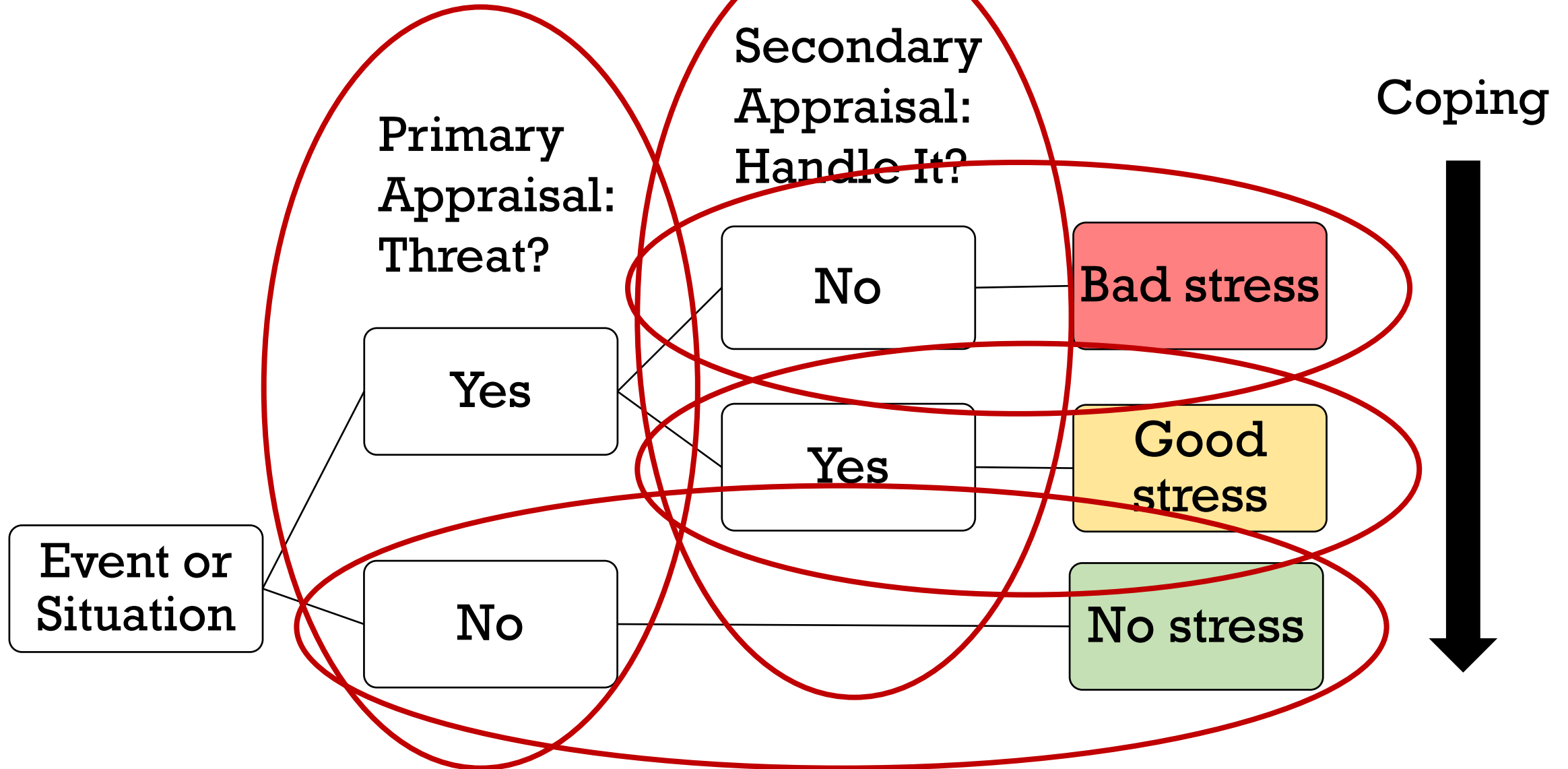
- I. Describe a helpful structure for understanding resilience and coping
- II. Provide you with a framework for handling difficult circumstances
- III. Provide you with a strategy for building resilience over time

I. A framework for resilience and coping

Appraisal Theory

**If you understand the
theory, you can build
strategies for resilience.**

The Appraisal Process



It's not the event, it's your
evaluation of the event.

Different evaluation,
different response

But how?

**Learn the mindsets and
beliefs of resilient people.**

II. Hardiness

Bell Telephone

The 3 Cs of Hardiness

- Commitment
- Control
- Challenge

Commitment

vs. Withdrawal and Avoidance

It's important to
stay **involved** and active.

Control

vs. Helplessness

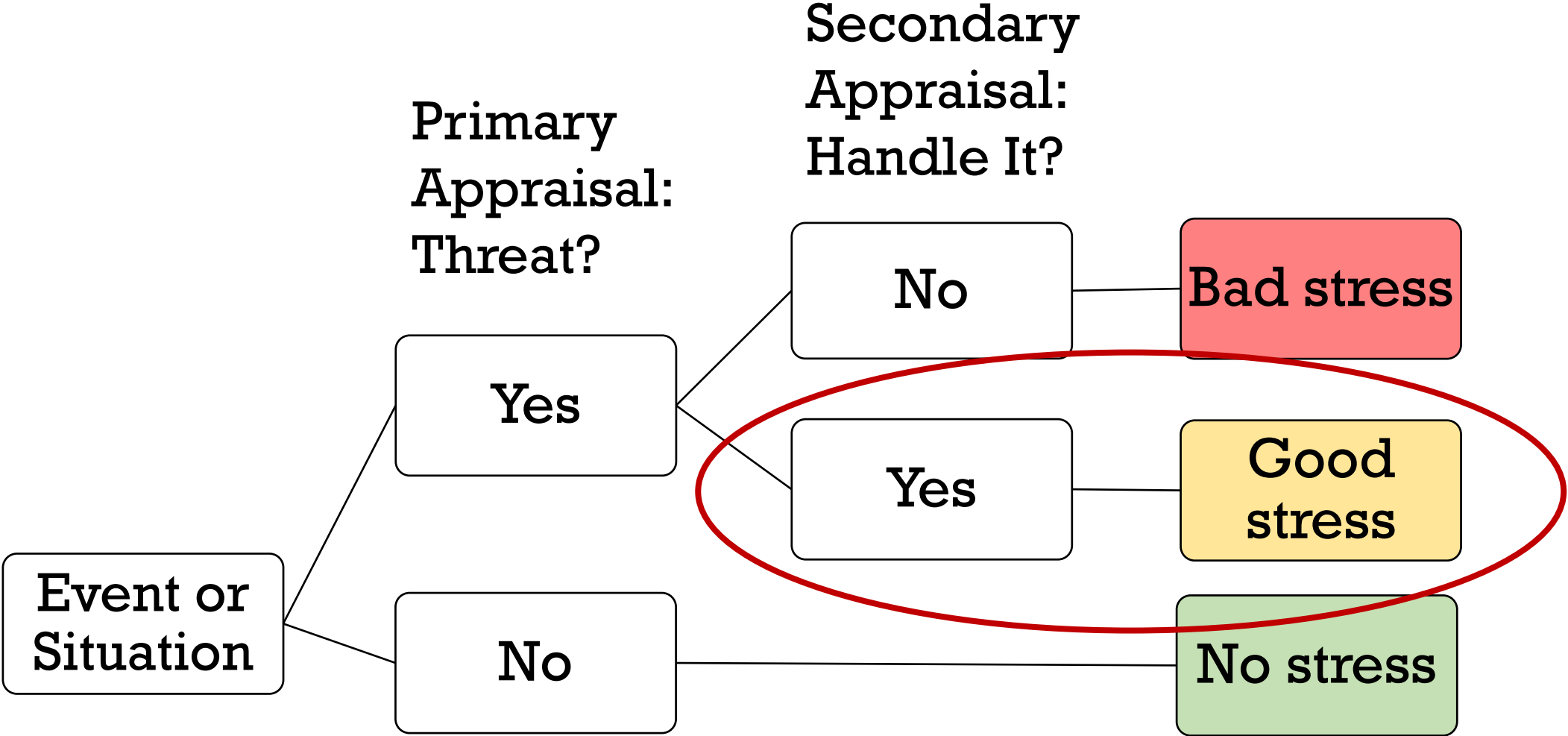
Find a sense of **control**
wherever you can and **do**
whatever you can.

Challenge

vs. Threat

You can **handle** it and learn
and grow from the
experience.

The Appraisal Process



Commitment -> Engagement
Control-> Active Coping
Challenge-> “I got this. Bring it on.”

But what do I do?

Adopt the beliefs and the
behaviors will follow.

As I move on...

**How can you adopt these beliefs
and how would they
show in your life?**

III. Building resilience over time.

**Hardiness helps, but you
also need a strategy
for managing
over the long haul.**

**“Life isn’t a sprint,
it’s a marathon.”**

**“Life isn’t a sprint,
it’s a marathon.”**



**“Life isn’t a marathon,
it’s a series of sprints.”**

Marathon

Stress-> Stress-> Stress-> Stress-> Stress-> Stress

Sprints

Stress-> Recovery-> Stress-> Recovery-> Stress-> Recovery

You have to balance and
alternate periods of **stress**
and periods of **recovery**.

Little stress, little recovery

Big stress, big recovery

“Work hard, play hard.”
“I’ll sleep when I’m dead.”

But what works?

Just about anything.

**Let your body and
emotions be the guide.**

What I Covered Today

I. Described a helpful structure for understanding resilience and coping: **Attributional theory**

II. Provided you with a framework for handling difficult circumstances: **Hardiness**

III. Provided you with a strategy for building resilience over time: **Life as a Series of Sprints**

**EMS will burn you
out if you let it.**

Adopting hardiness beliefs
and treating life as a series
of sprints isn't difficult.

But they aren't **natural** either.

**It will take some practice
(and probably some
scheduling).**

So practice. And schedule.

Be here for the **long haul.**

Thank you.

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