

Wellspring Info



Managing Stress During an Emergency

A man enters a convenience store waving a pistol. He shouts, “Open the safe now!” The manager, who has effortlessly opened the safe thousands of times before, cannot remember the combination. The reason: During an emergency, cortisol can flood your brain impairing memory and cognition.

Here are a few tips for managing stress during an emergency:

- Breathe. Nothing will ground you quicker. Take a slow deep breath, hold it, exhale slowly. This helps with raising children too!
- The first bullet for most emergency procedures should be:
 - o Remain calm.
- Make sure individual roles are clearly defined in advance, so everyone knows what to do.

If an emergency is prolonged or particularly traumatic, after it is over and everything is back to normal, find support: A friend, a coworker, a family member, counseling. Asking for help is a sign of strength.

Wellspring Info can improve your emergency response plan, boost your OSHA-compliance, and then turn your plan into emergency guidebooks or an app:

Guidebooks: www.WellspringInfo.com

App: www.WellspringInfoApp.com

Phone: 800.268.3682

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