

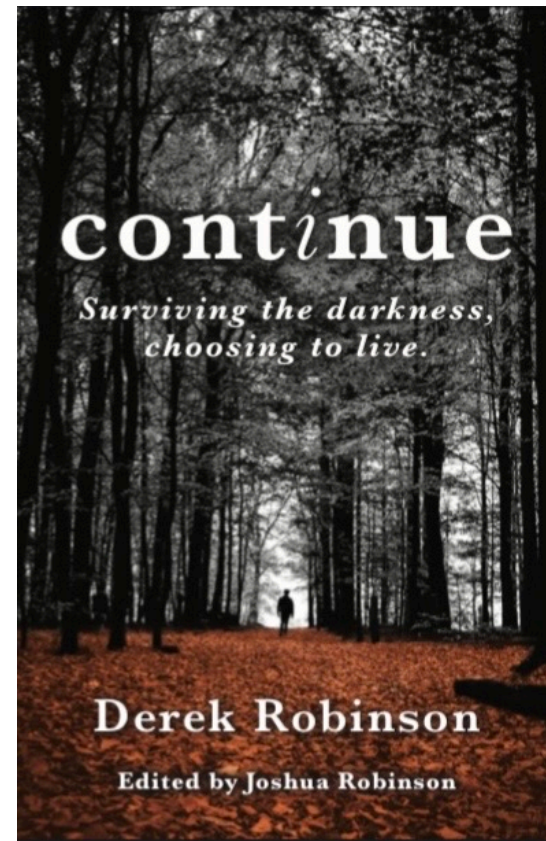


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Retired Fire Captain, Kern
County Fire Department
Author



My Story



18 Watch Outs!

18 "WATCH OUT!" SITUATIONS

1. Fire **not scouted and sized up**.
2. Fire in terrain **not seen in daylight**.
3. Safety zones and escape routes **not identified**.
4. **Unfamiliar** with weather and local factors affecting fire behavior.
5. **Uninformed** on strategies, tactics, and hazards.
6. Instructions and assignments are **not clear**.
7. **No communication link** with crew members or supervisor.
8. Constructing a fireline **without a safe anchor point**.
9. Constructing a fireline **downhill**, with fire below.
10. Attempting a **frontal assault** on a fire.
11. **Unburned fuel** between you and your fire.
12. **Cannot see** the main fire, and **no contact** with anyone who can.
13. On a hillside where **rolling material** can ignite fuels below.
14. Weather becoming **hotter and drier**.
15. **Wind** increases or changes in direction.
16. Getting **frequent spot fires** across the fireline.
17. **Terrain and fuels** make escape to safety zones difficult.
18. Taking nap **near the fireline**.



18 Watch Outs for Behavioral Health

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Cognition & Mood Changes

- Physically but not mentally present.
- Trouble Focusing.
- Constant need for validation.
- Inability to remember good calls, only the bad ones.

Intrusion

- Never accepts that they are wrong.
- The need for constant background noise.
- Not engaging with others outside of their circle.
- Lack of quality sleep.

Avoidance

- Failing to establish boundaries.
- Use of to-do lists to get through the day.
- Resistance to making simple decisions.
- Growing procrastination in everyday life.
- Leaving projects unfinished.

Arousal & Reactivity

- Need for Alcohol in both high and low moments.
- Anger is the most prevalent emotion they express.
- Obsessive overactivity.
- Making decisions only for self-image.
- Taking unnecessary risks.

Cognition & Mood Changes

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Intrusion

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The Proof is Out There!

Them: Why do you always have the TV on when you're never even watching it?

Me: Oh that's my emotional support background noise.

Avoidance

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Arousal & Reactivity

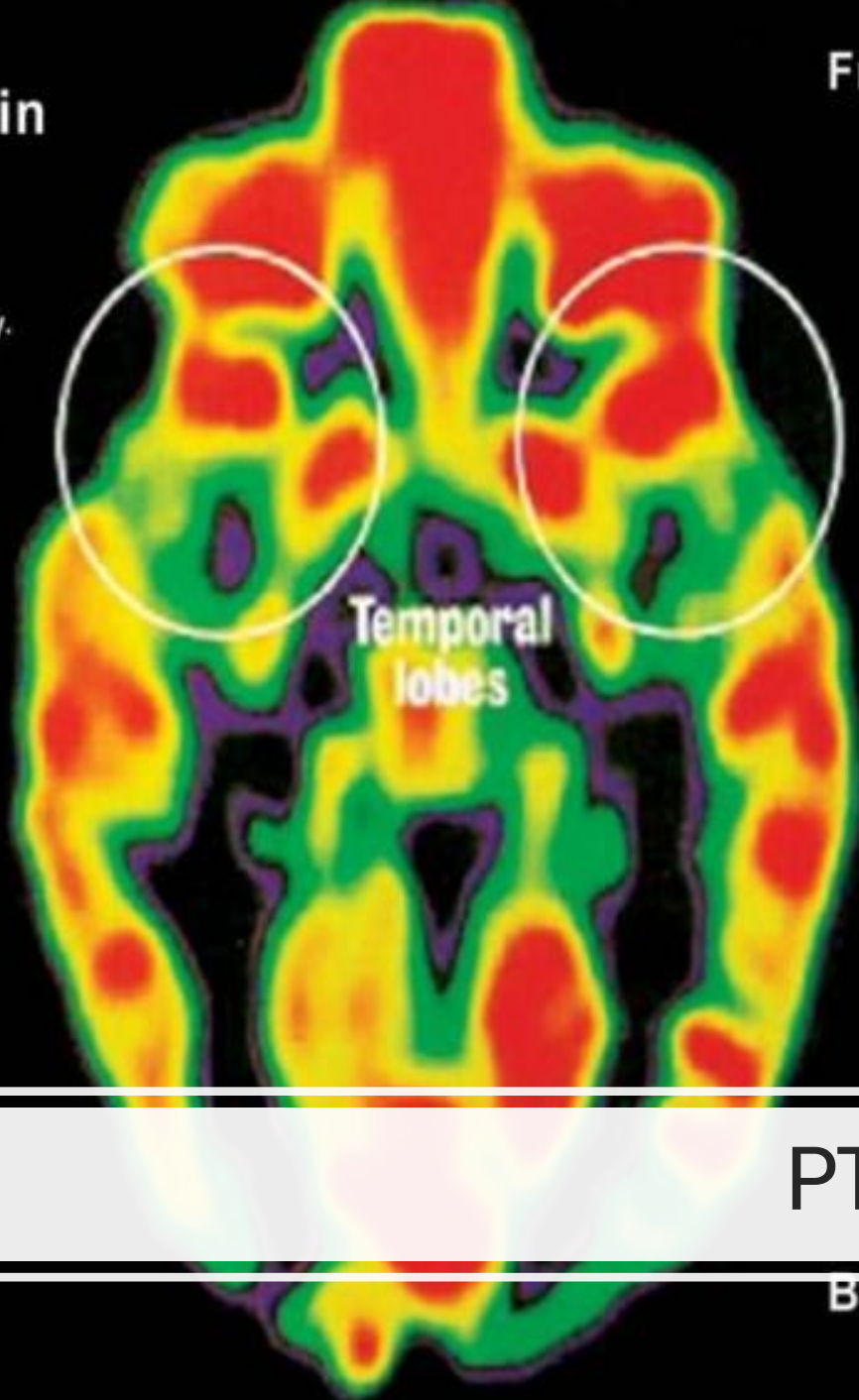
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Healthy Brain

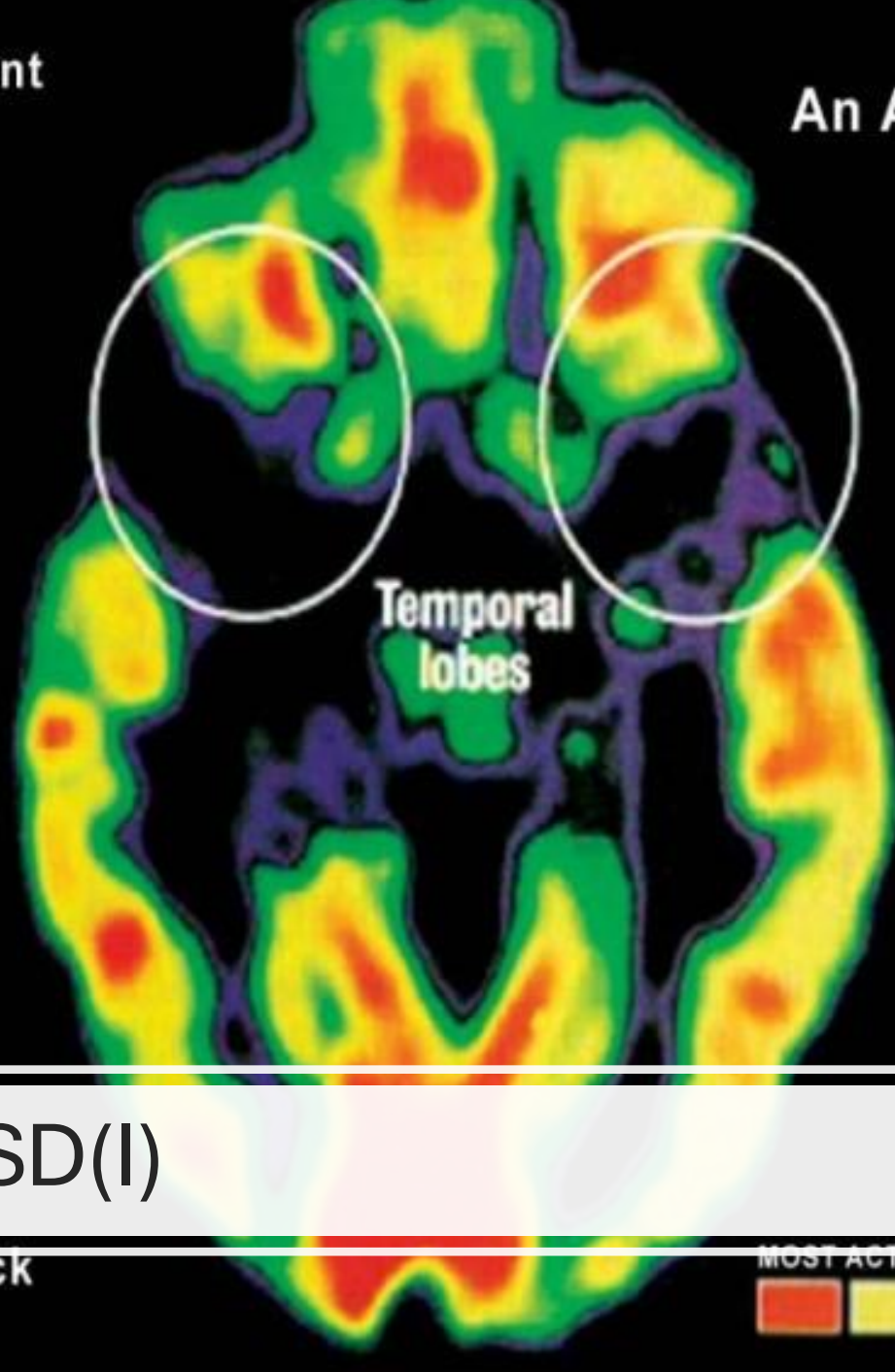
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



Front

An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



PTSD(I)

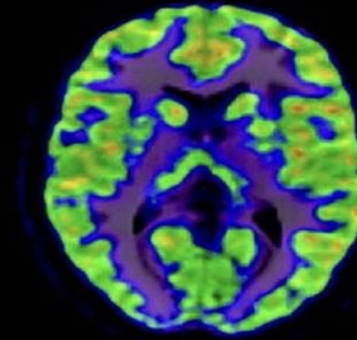
Back



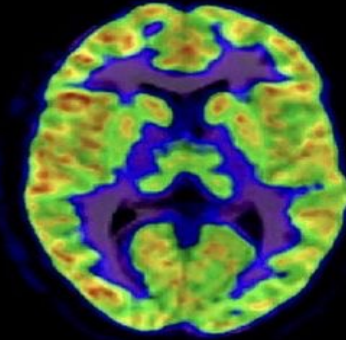
More affects on the brain.

PTSD CHANGES YOUR BRAIN

Normal Brain



PTSD



THE AMYGDALA

The fear induced by trauma, is now hyper sensitized to danger. Now, everything becomes a threat. The amygdala may increase in size.

THE HIPPOCAMPUS

Is what converts short term memory to long term memory. The hippocampus may likely shrink now.

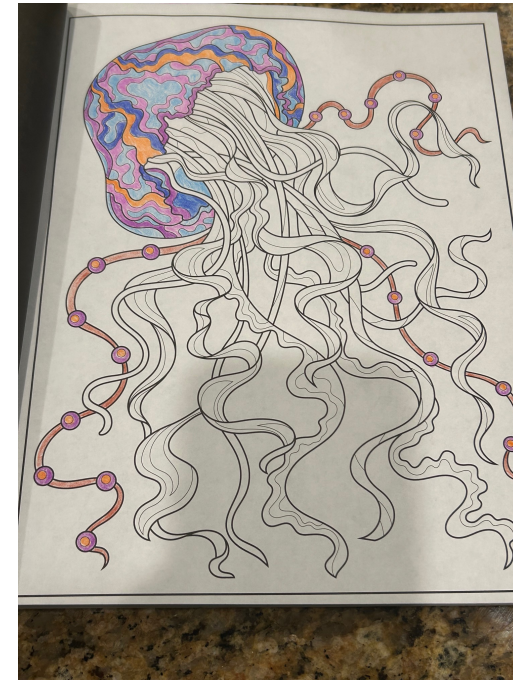
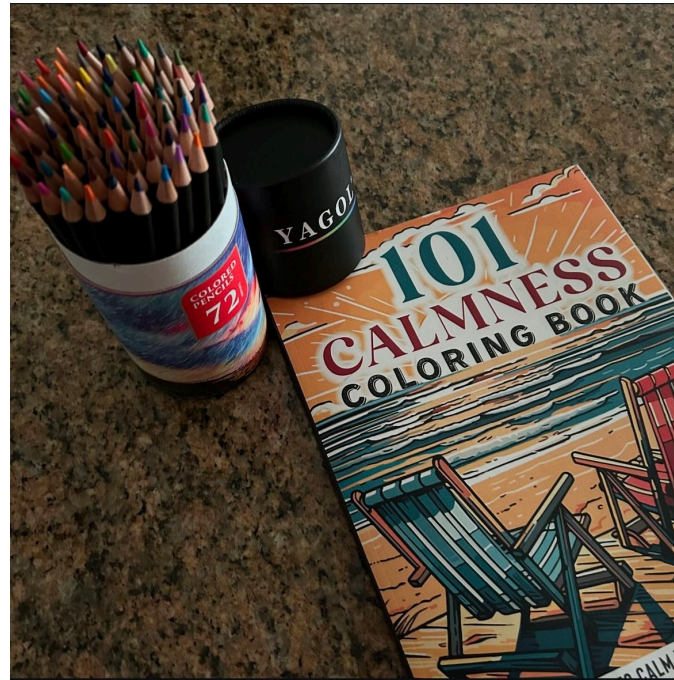
THE PREFRONTAL CORTEX

Blood flow to left side may decrease with less ability for language and memory. Blood flow to right side may increase causing more sorrow and anger.

How do you cope?

- Meditation (Box Breathing)
 - Improves mental well being.
 - Heightens cognitive performance.
 - Enhances the body's future reactions to stress.
 - Helps deactivate the fight-or-flight response.

https://www.medicinenet.com/why_do_navy_seals_use_box_breathing/article.htm



Coping, Part 2

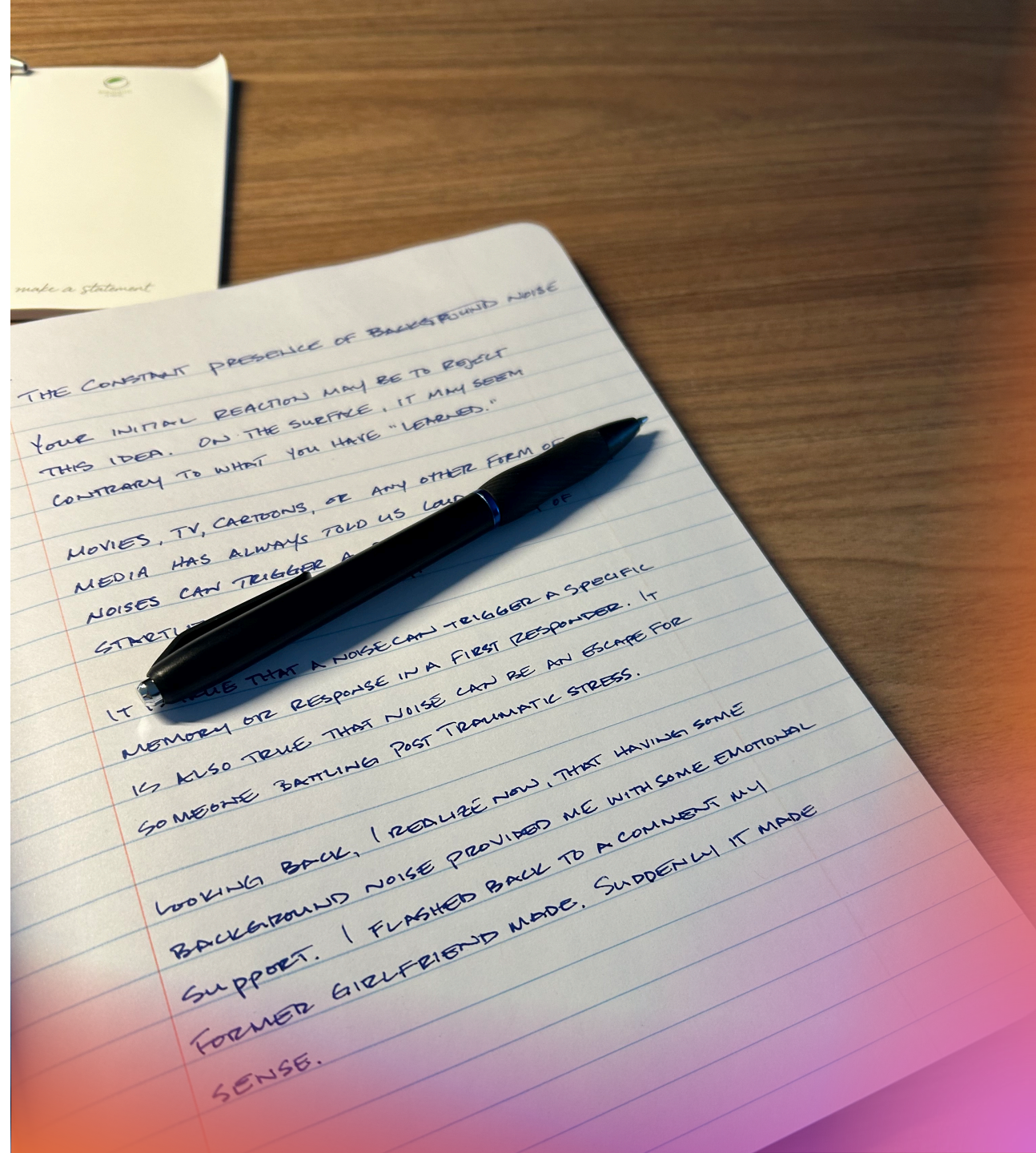


Coping, Part 3.

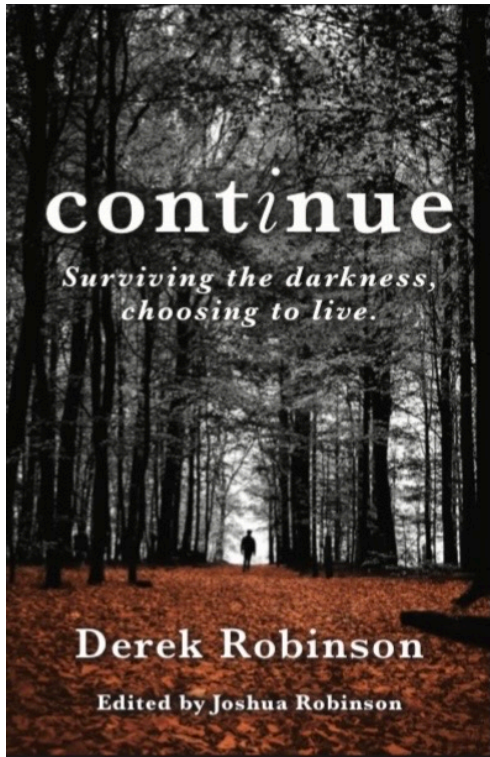
Coping, Part 4.

- Journaling
 - Helps with...
 - Anxiety
 - Depression
 - Trauma

It even helps with writing a book!



continue by Derek Robinson



Share your story

@continuebyderekrobinson

