

Anchoring your thoughts:

Critical incident stress is a normal reaction to an abnormal circumstance

- **What is normal – it is a relative comparative term – it is relative to what you do, and competitive to who you hang out with.**

Such as a person who goes to work at or in an office, it's normal for them to sit behind a desk all day but to go out with a construction worker one would not understand the others work. How can you sit behind a desk all day/how can you be outside in the elements all day?

- **As an officers wife people outside the understanding of what it takes just don't get it, what becomes a normal for you is completely abnormal to them.**

6 Core emotions

- Fear
- Anger
- Sadness
- Disgust
- Surprise
- Happiness

5 basic human Needs vs. Fears (What happens when one of these are taken from you)

- Belonging - Rejection
- Succeed - Failure
- Control – Being Controlled
- Security – The Unknown
- Safety - Harm

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?"

Answers called out ranging from 2 to 5 pounds.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

He continued, "If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight. But the longer I hold it, the heavier it becomes.

"And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down."

Eph 4

New International Version (NIV)

⁸Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

The Message (MSG)

⁸⁻⁹Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and

realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies

Amplified Bible (AMP)

⁸For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them].

New American Standard Bible (NASB)

⁸Finally, brethren, ^(A)whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

SAMPLE