

# PULSE · Check:

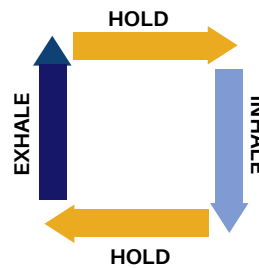
## Resiliency strategies for you and your peers

– When you experience a distressful event and your survival instincts kick in, do a quick PULSE·Check –

**P** PAUSE AND STEP AWAY FOR A MOMENT

**U** USE YOUR BREATH FOR 4 SQUARE BREATHING

- BREATHE IN FOR 4
- HOLD FOR 4
- EXHALE FOR 4
- HOLD FOR 4
- REPEAT A FEW TIMES



**L** LOOK AROUND YOU AND NAME FIVE THINGS YOU SEE IN YOUR SPACE

**S** STRETCH AND MOVE YOUR BODY

**E** EXPLORE YOUR LEVEL OF DISTRESS. HOW MUCH YOU ARE EXPERIENCING:

(1) Not at all (2) A little bit (3) Moderately (4) Quite a bit (5) Extremely

	(1)	(2)	(3)	(4)	(5)
Irritability and/or angry outbursts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypervigilance (increased alertness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exaggerated startle response	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inability to remember important aspects of a procedure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zoning out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helplessness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

– If you answered moderately or more to any of the above symptoms, don't be surprised, it is normal –

**CHECK** - in with your peers/colleagues. Page our Psychological First Aid (PFA) Support Service (x5804 or call hospital mainline and ask to page) and one of our own volunteer licensed clinicians will call you back within 30 minutes to provide you with immediate Psychological First Aid. Page chaplain-on-demand where one of our own chaplains will call you back to provide you immediate support **YOU ARE NOT ALONE.**

**Additional resources for BMC Employees:**

Employee Assistance Clinician: Beth Milaszewski, LICSW 4-4357  
or beth.milaszewski@bmc.org

Employee Assistance Program: 800-327-1850 (available 24/7)

**Additional Resources for BU Employees:**

Faculty/Staff Assistance Office (FSAO): 617-353-5381