

## JFPSG Pre-Plan Stress Management Self-Survey

To help preplan before experiencing a traumatic stress inducing event, please complete the self-survey below. This will enable you to size-up gaps in protection and coping strategies in your current plan and adjust the plan accordingly. This will not be collected and is only for your information.

If you have any questions or need ideas, please call the JFPSG at (855) JFD-PEER.

1. **Do you need to talk to someone now? If so, STOP HERE and call (855) JFD-PEER.**
  
2. Do you feel both physically and mentally prepared to perform your duties? YES/NO
  
3. If NO, what needs improvement? \_\_\_\_\_
  
4. What are techniques that you use to protect yourself from effects of traumatic stress (e.g., blocking things out, emotional numbing)?  
\_\_\_\_\_
  
5. Are the techniques listed in question 4 enough? YES/NO
  
6. List available resources that you are confident you would use if experiencing an issue  
\_\_\_\_\_
  
7. With whom are you comfortable talking about problems?  
\_\_\_\_\_
  
8. What healthy coping strategies do you use? (e.g., healthy distraction, positive thinking)  
\_\_\_\_\_
  
9. Do you feel as if the coping strategies listed in question 8 are enough? YES/NO
  
10. List any other things you may be susceptible to that may require special attention  
(incidents involving kids, recent traumatic events) \_\_\_\_\_
  
11. Please list any deficiencies in your training that need addressing. \_\_\_\_\_