

Building resiliency in EMS

What is Resiliency?

Resiliency is the process of adapting well in the face of adversity, trauma, tragedy, threats, or other significant sources of stress.

As an EMS professional, you face this challenge regularly, given the tragedies you witness daily. However, this can make you more resilient than the general population. Here's how you can develop and maintain resiliency:

- Be intentional and dedicate proper time to it. Resiliency doesn't mean the events you experience won't affect you. But you can develop resiliency over time. Resiliency can occur through post-traumatic growth.
- Focus on stress management, physical fitness and relaxation strategies. Build social connections and communication techniques. Search for service opportunities. Focusing on a positive end goal can help you manage stress following trauma.
- Maintain support groups inside and outside work to build networks supporting you following trauma.
- Identify areas where you can foster resilience – before, during and after responding to an incident. EMS personnel who take care of their wellness can better fulfill incident response requirements.
- It is important to seek professional help when you are facing significant trauma. This will help you adapt, thrive, and grow.

Remember that taking care of yourself and building resilience is crucial to your ability to serve and care for others.



Resources

- **U.S. Dept. of Health and Human Services:** [Individual Resilience: Factsheet for Responder](#)
- **NAEMT:** [Guide to Building an Effective EMS & Wellness Resilience Program](#)
- **NAEMT:** [How to Build Mental Health Resilience in EMS](#)
- **Boulder Crest Foundation for Posttraumatic Growth:** [Struggle Well Training](#)

