

Crisis Management

Continuing the Conversation

By Natalie Rothstein

Articles with more information about stress response and crisis management:

- <https://www.psychologytoday.com/us/blog/the-human-beast/201604/panic-flight-or-flight>
- <https://www.psychologytoday.com/us/blog/evolution-the-self/201507/trauma-and-the-freeze-response-good-bad-or-both>
- <https://www.psychologytoday.com/us/blog/the-athletes-way/201902/self-compassion-calms-and-soothes-fight-or-flight-responses>
- <https://www.psychologytoday.com/us/blog/the-athletes-way/201302/the-neurobiology-grace-under-pressure>

Suggestion: review emergency protocol weekly to make sure staff are retaining the information. Before reviewing the protocol, lead the staff in a relaxation exercise so that they're receiving the information from a more calm and informed mindset.

Please don't hesitate to reach out if you have any questions or would like to continue the conversation following the Crisis Management training, my email is natalie@nrpsychotherapy.com and my number is 312-650-9727.