



7) List 5 Warning Signs of stress:

8) List 6 ways to manage stress:

9) List 5 coping mechanisms:

10) What is CISM?

11) What kinds of events are considered critical incidents?

12) What is the purpose of CISD?

13) Who can be on a CISM team?

14) What are the meeting rules?

15) What are the phases of a debriefing?

16) When should a debriefing session be held?

17) At what point should you seek professional help?

18) What is the number to reach the Northern Illinois CISD team?

19) What % of people will have no symptoms after a critical incident?

20) When will the next CE packet be posted?