



Owning Your Feelings – Emotional Size-Up and Situational Awareness Concept

We teach and preach the importance of a good size-up on the fireline, as well as gaining and maintaining situational awareness.

Have you ever thought of using these concepts on your own feelings?

Size Up		Dispatch Report
Fire Name:		Incident #:
IC#1:	Time:	Date:
IC#2:	Time:	Time:
Legal: T R Sec ¼ ¼		Reported By:
Lat:	Long:	
<i>*At point of origin</i>		
Directions/Access:		Fire Report
Ownership:		Elevation:
Command:	Comm Plan	SO #:
Tac1:	Tac2:	P #:
AtoG:	AtoA:	
Size:	Flame Length:	Final Acreage:
Fuels Burning/Type:		FS Acreage:
Slope: Aspect: Position on Slope:		Other Acreage:
Wind: Direction:		NFDRS #:
Character: Smoldering/Creeping/Active Ground/Spotting/Forcing/Consuming		Nearest RAWS:
Spread Potential: Low/Mod/High/Very High		County:
Values at Risk: Hazards:		Fuel Description:
Cause: Fire Investigation?		
Additional Resources Needed:		
Est. Contain Time:		
Est. Control Time:		

Awareness and assessment of how you're feeling can go a long way towards improving your mental state. When something is bothering you, size-up the situation:

- Name it, and be specific: vague words like bad, sad, mad, etc., don't get to the root emotions causing you to feel bad. There are over 3,000 words for emotions in the English language. Source: <https://mhanational.org/owning-your-feelings#1> Expand your emotional vocabulary.
- Allow yourself to feel this way, and don't ignore it. Bottling things up and telling yourself to "shut up and dig" can make it worse. How intense are your feelings? Are they escalating?
- Talk it out with someone you trust. You'll probably find you're not alone. Consider documenting in a journal if you can't talk right away.
- We're never afraid to order more resources on an incident, so why should this be any different? If you need help, talk to a pro via your employee assistance program.

Keep assessing and adjusting:

- Try an online Mental Health Assessment Screening, <https://screening.mhanational.org/screening-tools> People who are good at being specific about identifying and labeling their emotions are less likely to binge drink, be physically aggressive, or self-injure when distressed. Source: <https://mhanational.org/owning-your-feelings#2>

