

Anxiety (Nervousness) -- Checklist

| IDENTIFYING AT-RISK PERSONNEL | WINGMAN ACTIONS | COMMAND ACTIONS |
|---|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Common indicators of distress <input type="checkbox"/> Emotional symptoms <input type="checkbox"/> Physical symptoms <input type="checkbox"/> Behavioral symptoms <input type="checkbox"/> Panic <input type="checkbox"/> Significant symptoms of PTSD that do not resolve on their own <input type="checkbox"/> Constant, uncontrollable worry that causes physical symptoms <input type="checkbox"/> Repeatedly engaging in behaviors, such as checking or hand washing, to control anxiety | <ul style="list-style-type: none"> <input type="checkbox"/> Consider General Wingman Actions <input type="checkbox"/> Be vigilant for unhealthy coping responses such as alcohol or drug abuse. | <ul style="list-style-type: none"> <input type="checkbox"/> Consider General Command Actions <input type="checkbox"/> Ensure the person is safe at the work place if he/she works in a potentially dangerous environment and/or where a high level of constant focus/concentration is required <input type="checkbox"/> If the member does not seek treatment voluntarily and anxiety is believed to be having a significant impact on duty performance or safety, consult with a MHP about the appropriateness of a CDE. |