

“

THE OAK FOUGHT THE WIND AND WAS  
BROKEN, THE WILLOW BENT WHEN IT MUST AND  
SURVIVED.

”

- ROBERT JORDAN, THE FIRES OF HEAVEN

RESILIENCE FOR FIRST RESPONDERS

# TOPICS FOR DISCUSSION

Positive Thoughts

Positive Interactions

Positive Emotions

Sleep Hygiene

Mind Body Connection

Spirituality

# Positive Thoughts

WHEN BAD THINGS HAPPEN, WE TEND TO ASK OURSELVES...WHY?



How is our explanatory style formed?

- Genetic (50%)
- Environmental (10%)
- Learnable (40%)

POSITIVE  
THOUGHTS  
THE ABC  
APPROACH

## A. Activating Event

- What happened?

## B. Belief

- What beliefs were operating?

## C. Consequences

- Emotions
- Behaviors

"What we think,  
we become."

~Buddha



[https://www.pinterest.com/positivevoices/\\_created/](https://www.pinterest.com/positivevoices/_created/)



“

**THE HAPPINESS  
OF YOUR LIFE  
DEPENDS UPON  
THE QUALITY OF  
YOUR THOUGHTS.**

- Marcus Aurelius

Goalcast

# POSITIVE INTERACTIONS

- **QUANTITY AND QUALITY OF SOCIAL SUPPORTS ARE CRITICAL CONSIDERATIONS.**
- **“EVERYONE LONGS TO BE LOVED. AND THE GREATEST THING WE CAN DO IS TO LET PEOPLE KNOW THAT THEY ARE LOVED AND CAPABLE OF LOVING.” – MISTER ROGERS**
- **THE WORLD’S HAPPIEST PEOPLE ATTRIBUTE THEIR HAPPINESS TO THE QUALITY OF THEIR CONNECTION WITH OTHERS.**

# POSITIVE INTERACTIONS THE SCIENCE OF CONNECTION

- WHEN WE CONNECT WITH OTHERS IT RELEASES A NEURO-HORMONE CALLED OXYTOCIN.
- MIRROR NEURONS FORM THE BIOLOGICAL BASIS FOR EMPATHY, WHICH ALLOW US TO FEEL WHAT ANOTHER IS FEELING.

# POSITIVE INTERACTIONS

## Positive Interaction Ratio

- A positive to negative interaction ratio greater than 3:1 is needed to build resilience.

# 01

## Be vocal

- Praise often and in front of others
- Show gratitude

# 02

## Don't add fuel

- Mindful speech – True, Necessary, Kind
- Don't contribute

# 03

## Foster positivity

- Humor is our friend
- Smile

# POSITIVE INTERACTIONS

## 3 WAYS TO MAKE THEM HAPPEN

# POSITIVE EMOTIONS WHAT ARE THE BENEFITS?

Broaden and build perspective



Improve situational awareness



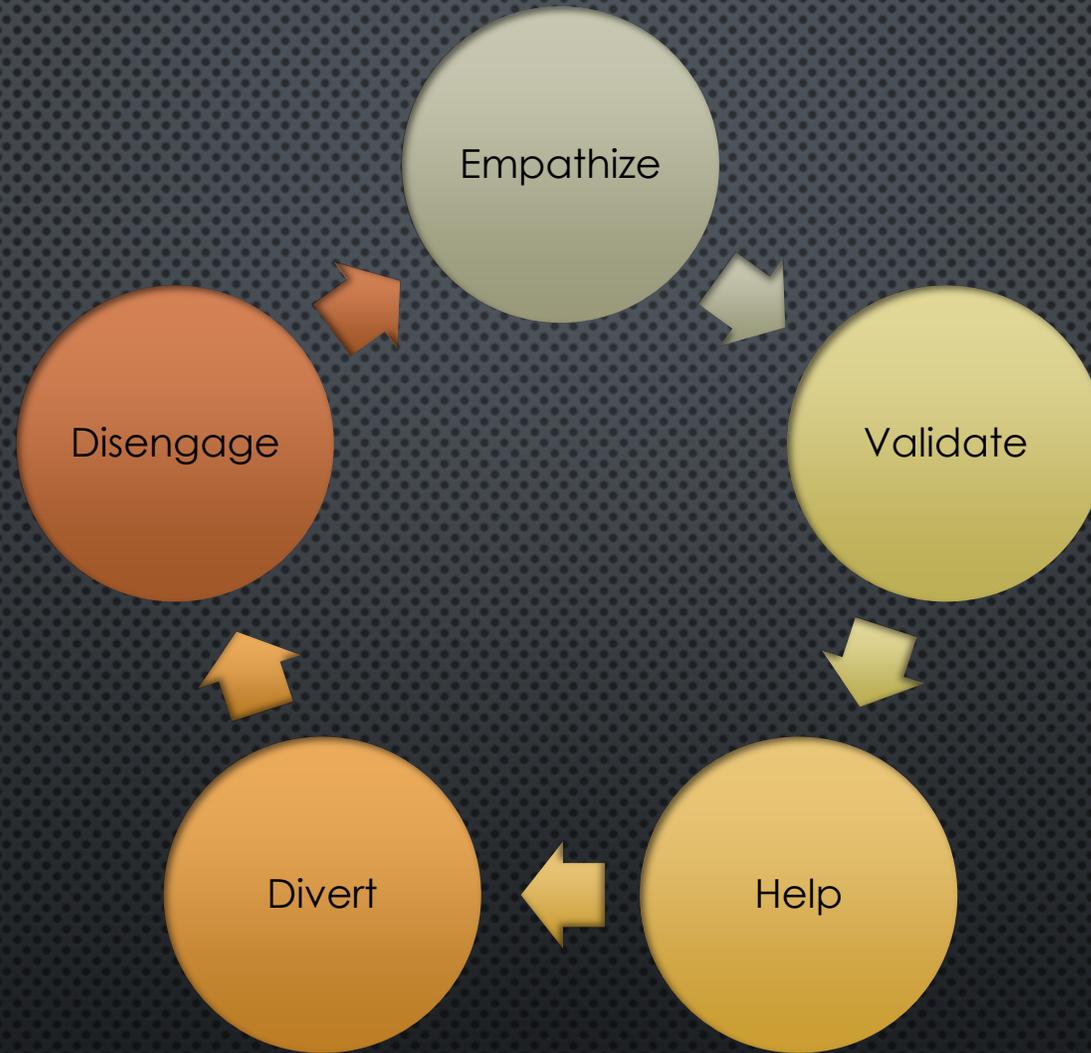
Better decision making



Improves heart health



Can lead to an overall feeling of security and happiness



POSITIVE EMOTIONS  
REDIRECTING NEGATIVITY

Positive  
Thoughts

Positive  
Interactions

Positive  
Emotions

POSITIVE  
EMOTIONS  
FOLLOW THE CYCLE

# MIND BODY CONNECTION

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**Tactical Breathing**

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**Meditation**

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**Grounding**

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**Yoga**

## Eating without intention:

- Eating just to eat
- Stress-induced eating
- Rushed eating
- Excessive portions
- Erratic meal times
- Limited choices

# NUTRITION AND EXERCISE

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- 44% OF ON-DUTY FIREFIGHTER DEATHS WERE DUE TO CARDIAC EVENTS.
- 80% OF FIREFIGHTERS WERE OVERWEIGHT.
- YEAR AFTER YEAR, HEART DISEASE AND CANCER ARE LEADING KILLERS.
- NUTRITION AND EXERCISE ARE THE PERFECT COMBINATION TO COMBAT THESE ISSUES.
- NUTRITION AND EXERCISE ALSO HELP REDUCE STRESS AND INCREASE RESILIENCE.

Data based on research performed by Dr. Sarah Janke

# NUTRITION AND EXERCISE

## TWO IMPORTANT TYPES OF STRESS

### Acute Stress

- Norepinephrine
- Fight or Flight

### Persistent Stress

- Cortisol
- Glucose Dumps

# NUTRITION AND EXERCISE

## MINDFUL EATING

- PUT DOWN FORK AFTER EACH BITE
- CHOOSE PORTIONS BASED ON NEEDS, NOT PLATE SIZE
- NOTICE TASTE AND TEXTURE
- EAT WITH INTENTION:

*WHAT, WHY, HOW*



Common shift schedules are 24/48, 48/96, and 24/24 x 3 then 96.

Sleep deprivation tied to impairment of extinction recall.  
*Medpage Today.*

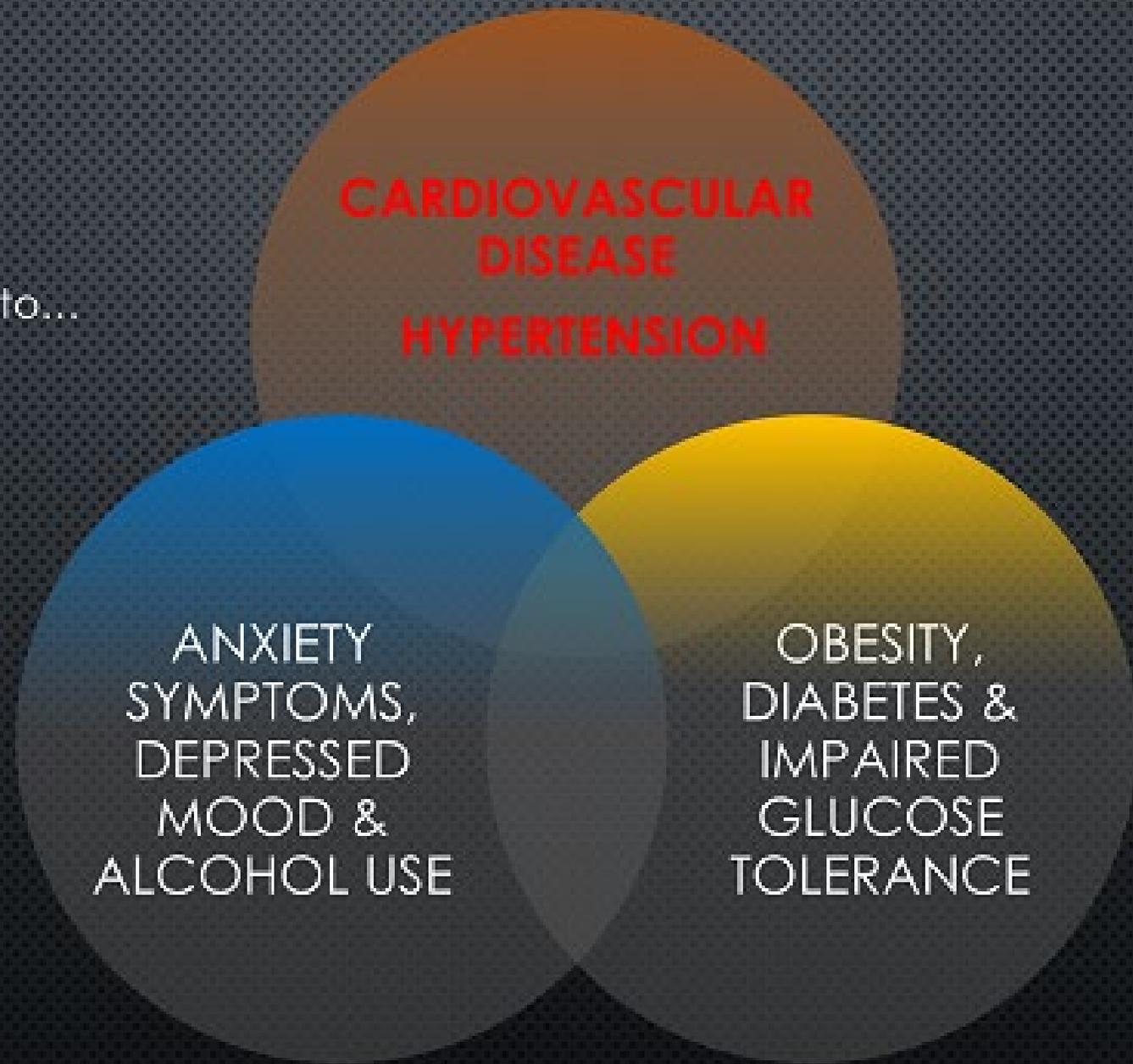
Those who sleep after traumatic exposure fair better than those who don't sleep. Kleim, B.  
*SLEEP.*

40 percent of firefighters suffer from a sleep disorder.  
Toomey, J.  
*Addicted to Awake.*

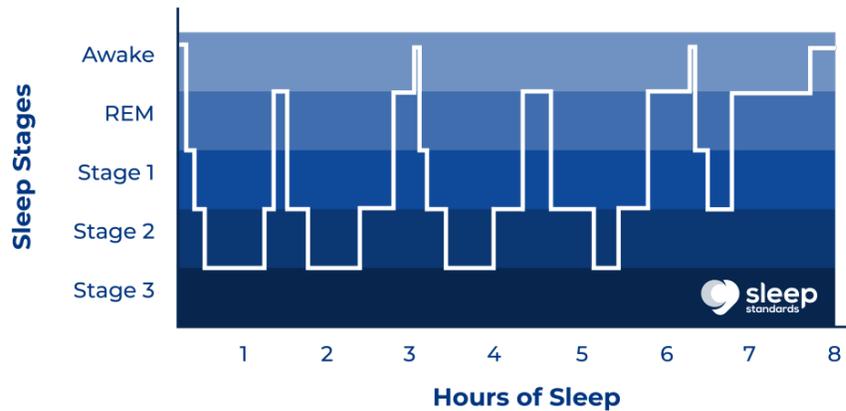
# SLEEP DEPRIVATION

# SLEEP LOSS + LEADING CAUSES OF FIREFIGHTER DEATH

Less than 7 hours of  
consecutive sleep leads to...



-Institute of Medicine (US) Committee on Sleep Medicine and Research



## SLEEP DEPRIVATION

- **CONSTANTLY INTERRUPTED SLEEP, COUPLED WITH CONTINUOUS RELEASE OF CORTISOL, MAKE FALLING ASLEEP AND STAYING ASLEEP CHRONICALLY DIFFICULT FOR FIRST RESPONDERS, EVEN OFF DUTY. THE RESULT IS THAT BODY SYSTEMS SUFFER AND THINGS LIKE ACUTE TRAUMATIC EXPOSURES ARE NOT PROCESSED DURING REM SLEEP, WHICH CAN LEAD TO PTSD.**

# SLEEP HYGIENE

## WHAT CAN YOU DO?

- **EDUCATE:**

SLEEP IS A WELLNESS AND PERFORMANCE ISSUE EQUAL TO OTHER PRIORITIES SUCH AS STRENGTH FITNESS, DIET AND AGILITY.

- **NOISE:**

USE FANS OR WHITE NOISE GENERATING MACHINES IN COMMON DORMS.

- **NAPS:**

30 MINUTE NAP ON DUTY/90 MINUTE NAP OFF DUTY/YOGA NIDRA.

- **PRIORITIZE:**

GET OUT OF YOUR OWN WAY.

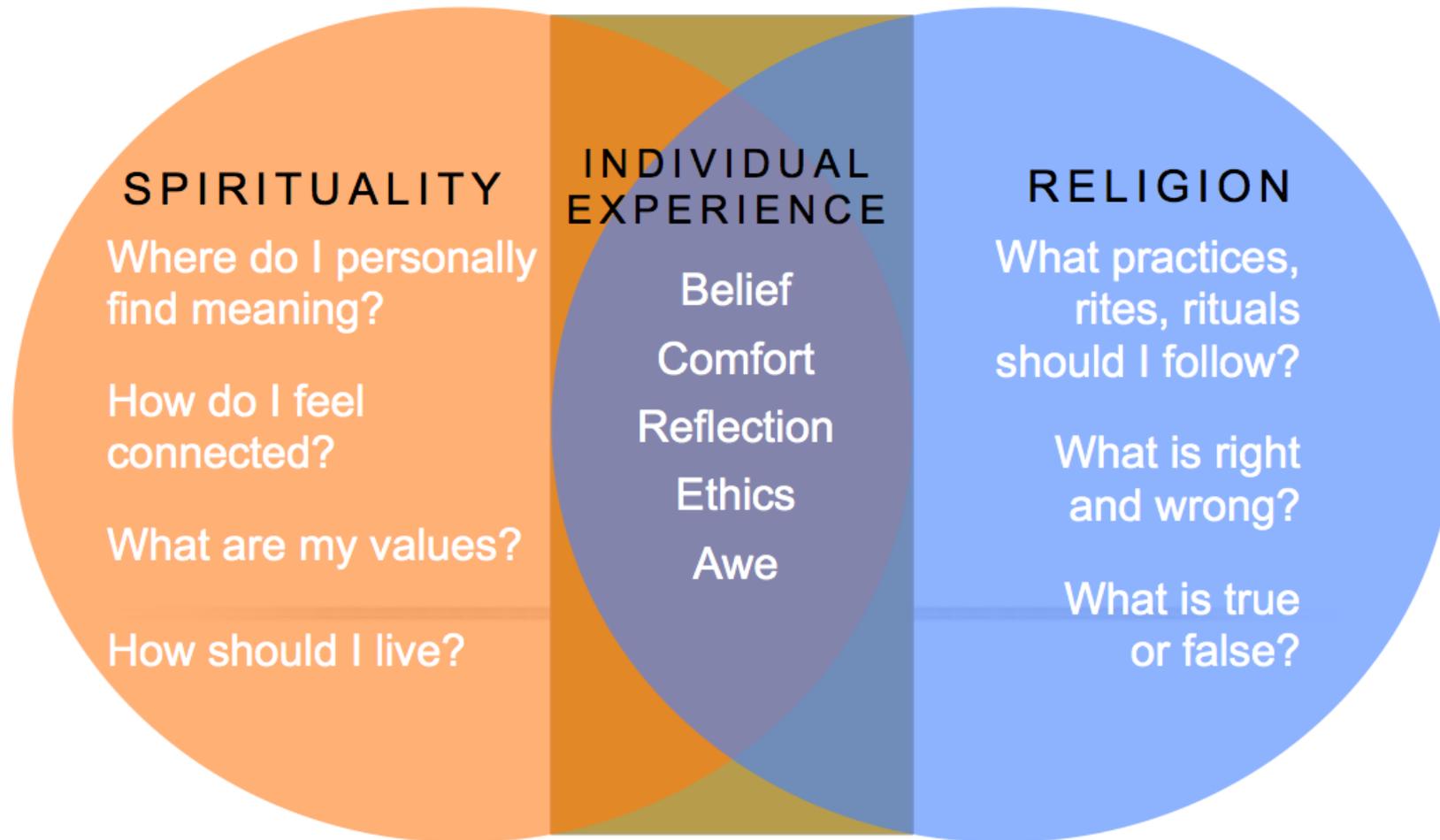
# SPIRITUALITY

Spirituality is a broad concept with room for many perspectives

A sense of connection to something bigger than ourselves

A search for meaning in life

A universal human experience—something that touches us all



Individual Experience = Where spirituality and religion (or none) overlap.  
This affects the way we think, feel, and behave—especially during transformation.

# SPIRITUALITY

## WHAT CAN YOU DO TO EXPERIENCE IT?

- FIND DAILY WAYS TO CONNECT TO YOUR HIGHER POWER/PURPOSE
- SCHEDULE TIME TO DO THINGS THAT ARE MEANINGFUL TO YOU
- CHOOSE TO FIND MEANING AND PURPOSE IN DAILY EVENTS
- READ SOMETHING UPLIFTING
- RECITE POSITIVE AFFIRMATIONS
- PRAYER

# EMOTIONAL SURVIVAL FOR LAW ENFORCEMENT



A Guide for Officers  
and Their Families

**Kevin M. Gilmartin, Ph.D.**

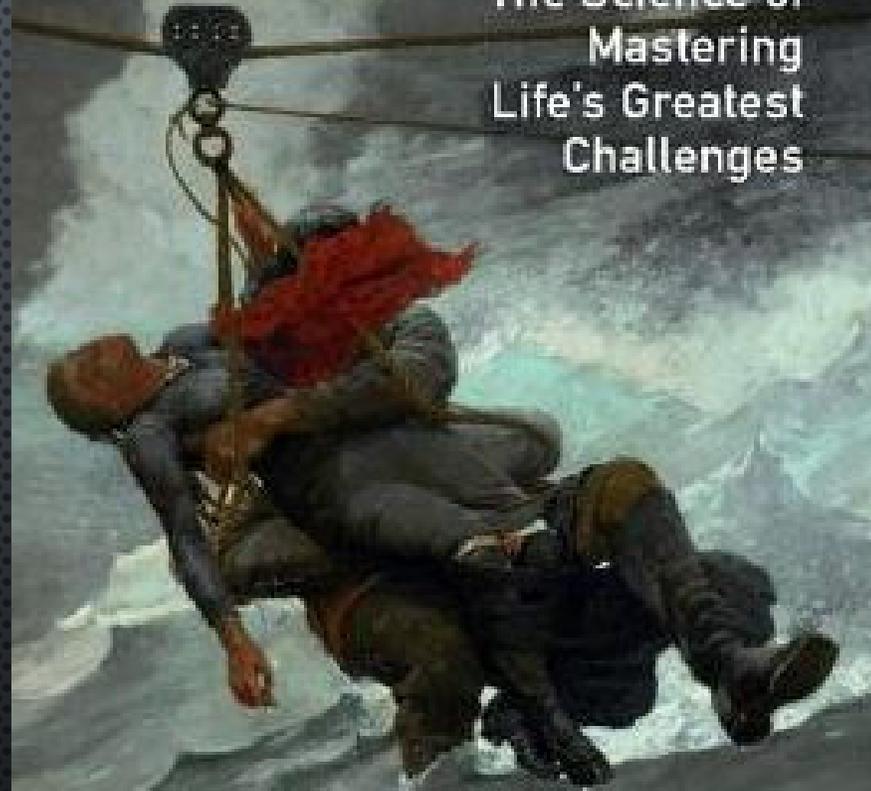
*"If you want to make it through to retirement, wear your vest, wait for your backup, and read Gilmartin's book."*

Sergeant Weaver J. Barkman  
Twenty-five-year law enforcement veteran  
Tucson, Arizona

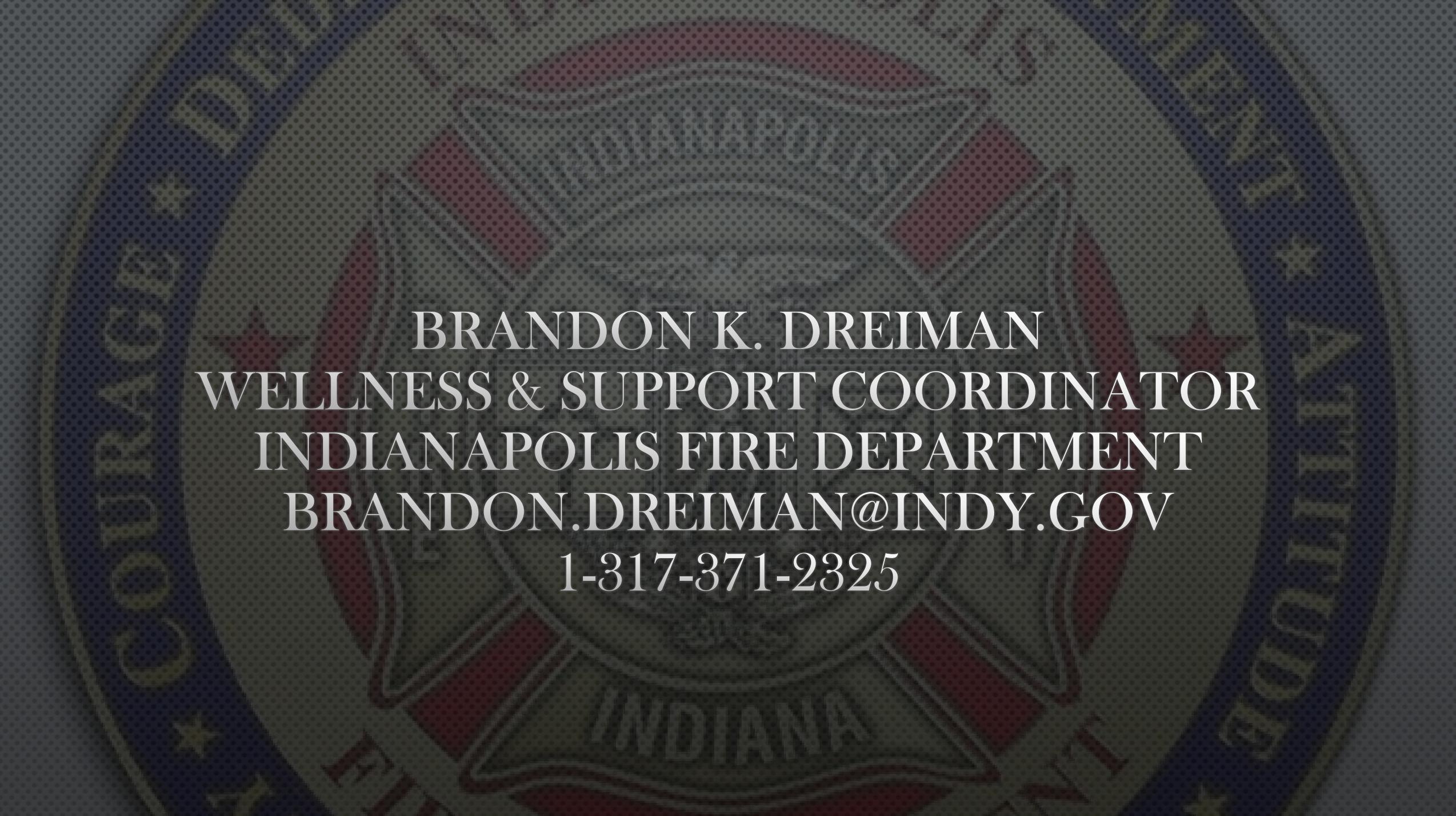
SECOND EDITION

# RESILIENCE

The Science of  
Mastering  
Life's Greatest  
Challenges



**STEVEN SOUTHWICK  
& DENNIS CHARNEY**



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