Welcome back. This is Jen Lee, the creator and host of I Need Blue, survivors talk surviving. Visit www.ineedblue.net for additional stories. As you listen, if the message moves you, share it with friends and family. The more we share, the more we learn, the more we can help. Please note, I Need Blue does contain sensitive topics which could be triggering. Please seek help if needed. Remember, you always come first. Stacy Webb is a former police officer and detective in Sydney, Australia. The traumatic experiences she witnessed left her with several PTSD symptoms. Mental health and personally for her, first responder mental health has become a passion. Now, as an intuitive trauma release mentor she gives back to others. She recently published a book The Intuitive Detective by Stacy Webb. We will talk about policing in Australia vs the United States; while they are different trauma is the same. Sometimes people forget that it is still a human being under the uniform. Next, what is intuitive trauma release? You will learn as she shares some tools she uses. For me, I am always open to listening to new ways of healing. At the end of the day, you always need to choose what is best for you.

*Stacey:* 2:52

My name is Stacy Webb and I am an intuitive trauma release mentor, as well as an author. I've just released my book, The Intuitive Detective. I create and hold space, provide guidance and support people as they are on their own healing journey releasing their their fears, their limiting beliefs, their traumas from their body to enable them to build that flexible, autonomic nervous system. I help people accomplish being able to hold more capacity within their life and lead their life without their fear, without their trauma, playing the lead role in their decision making. It allows them to live an embodied life towards the true purpose.

*I Need Blue LLC:* 3:57

What led you to want to try to find healing like this.

*Unknown:* 4:14

When I was younger, the age of 12, my father passed away and he died by suicide. I didn't really understand or know the full reason of his death until I was a teenager so it was quite some years later. In my early stages of life, the death of my dad was very traumatic. When one family member dies, my whole life changed; I went from what I remember and believed to be such a happy life to becoming the second parent, being the caretaker, and the rescuer of my family. This role progressed over the years. I had this desire that I wanted to be a police officer. My mother didn't like it and was very against it. She was worried about my safety, whether I would get injured or killed and things like that. We would have a lot of arguments. I did eventually do my purpose in becoming a police officer, and served for over 16 years. As I worked as a police officer, as well, you obviously become more surrounded by trauma. For me, it wasn't so much the trauma of being with the public, being with the community and seeing and witnessing their trauma that they're in. This really opened my eyes to the trauma that I myself experienced as a police officer that my colleagues experienced whilst they've been a police officer, and it made me become more aware that there really wasn't much hope there for emergency services. I know they're starting to bring in more now, but especially back twhen I started, there really wasn't that much help. It wasn't spoken about and there was a lot of stigma attached to it.

*Stacey:* 6:05

Over the years, colleagues of mine fall away because of their mental health and their well being. For some of them, they can never work as a police officer again, and for others chose to also end their life. I didn't want to be like that, especially knowing my family history of mental health; depression etc. So it made me become very active towards my own mental health and well being. Especially working in the police force, I knew I needed to actively work on that, and realized it was actually a disservice to myself, being a police officer, if I didn't.

*I Need Blue LLC:* 6:45

That is quite an honest statement, to say that you knew you needed to actively work on your trauma, because otherwise it would be a disservice to the community that you serve.

*Unknown:* 7:02

cup. When I went into my own healing journey, I started learning more about the nervous system; Learning how it can assist me whilst working on the job as a police officer, in between job to job, in the morning at the beginning of the shift, and at the end of my shift. But then it also branched out to what I can do when I'm not working as a police officer; how can I help others outside of my field. What do I need to do as a person as a human being to help others. I would assist my colleagues, from time to time. They would reach out to me, and I would help them with teaching them with some nervous system regulation tools.

*I Need Blue LLC:* 7:51

Can you share an example of how you have used this in the past?

*Unknown:* 7:56

I can talk about what I would do with one of my past victims. In Australia with the type of investigations that that I investigated, were serious crime and the majority of them were sexual assaults. From beginning when they reported what's happened to them, until the time that we may go to trial, you could be sometimes looking at a minimum of a year to actually get to that point. Over that time, when you do a checkup on your victim you get to know them a bit more. It is really needed as a police officer to get to know your victim.

*Stacey:* 8:34

Your victim is going to go through different trauma states, they're going to be overwhelmed, they're going to be freaked out or they're going to be angry because things are taking so slow. Knowing where they're at, knowing what they're going to be like at trial and whether they need that extra assistance, is important. For some of them, they're going to be very nervous giving evidence, and they're gonna be very nervous going on the stand. They're going to have to say this story with all these thoughts going throught their mind and thinking, are the jury going to believe me? Am I going to say everything right? The main point is, they want to be believed. For me, we go into a different room. Our victims of sexual assault, don't go into the actual courtroom to give evidence, they are in a different room altogether. I usually would just sit with them and get them to start to breathe in first. Some victims are so scared and worried, they're actually holding their breath at times or forcing their breath. Allowing them time out to just breathe, and inviting them to close their eyes helps. It's up to them whether they do that, and there's no right or wrong. Together you'll breathe with them and say, "breathe in through the nose and out through the mouth. Allow yourself to know that in this room we're in, you are safer in this room.' Okay, and just keep breathing. And then I do EFT tapping, emotional freedoms techniques tapping. So I might justsay, " and while you're breathing now just tap the side of your hand." Keep breathing in and out For people who may not know, right now I'm tapping on the side of my hand. I've got one of my palms up, I've got my fingertips on the other hand, and I'm just tapping on the bottom half of my head on that fleshy part there. You're going to just tap in there and just breathe. Then I would ask the victim, "how are you feeling in your body?" And then they may say, "I'm feeling nervous. I'm feeling scared." I ask, " Okay. So where about are you feeling that?" They say, "I'm feeling that in my stomach. I'm worried they're not going to believe me. " I say, "Okay, let's just take that timeout to just breathe that out and just keep tapping it." I don't go too much into a session with them, it's moreover helping them to come back to their body right now because their body's starting to go back to the sexual assault and what happened. I say, "When you go and give evidence, where are you going to look? Where are you going to look that will feel comfortable?" I just remind them that they don't have to look at certain people. And while I'm telling you this, they're still tapping in, they're still breathing. Again, I say, " There's no right or wrong of where you look. There's no right or wrong. If you need a break. There's no right or wrong. If you need a sip of water. There's no right or wrong. If you cry. There's no right or wrong. If you ask them to repeat the question again." "It's not so much about will the jury and the judge believe me, let's bring it to why you're here today. You're here today, because you want to say your story. So let's just allow you to say your story. We can't control what other people are going to be thinking or believing, but you can control you. So if you're why is to say your story, then let's just let our body to come to that place so you can say your story. "

*I Need Blue LLC:* 11:58

I needed you every time I had to go to court. You don't know how to deal with that anxiety. And like you said, even the things like "who are you going to look at, it's okay if you want water, it's okay that you cry," telling somebody that it's okay is huge.

*Stacey:* 12:25

I realized I can do more, and that my service was more. I branched out into becoming an intuitive trauma release mentor, because it is to help people realize they have that power within themselves to assist themselves. By holding enough space for whatever they're feeling and allowing that to be released from their body. When we don't regulate and release trauma from our body, it gets stored over time. Look at it like a cup. Eventually the cup gets full because it is only meant to hold a certain amount. If we can release what doesn't need to serve us, release it, we can constantly empty that cup, a little bit each time . Then we can continue doing the work we do.

*I Need Blue LLC:* 13:21

That's great. What was it like taking on the care-giving role when you were younger?

*Stacey:* 13:50

I was the oldest of four children; my youngest sibling was 2 at the time. There's 10 years difference between myself and my younger siblings. For me that entailed helping them getting ready for school in the morning, making their lunches, assist cooking dinner, helping them with homework, etc. It was strange enough that after school, I'd sit there and go, "Okay, we need to do our homework, everyone go and get it." They would never question me and they would just do it because I was so used to playing that role. I got my first job when I was 14. I spent my first pay and quite a lot of pays, buying things for my siblings. Money was tough. Money was hard for my mum and I appreciate and respect everything she went through at that time to help us, but also going from two incomes to one and having no other support, money was tight. Extra snacks you would have for after school, we never really had that. So I remember, studying to learn to make things from scratch so we would have that snack. Now, I'm not the greatest cook, so they weren't definitely all delicious, but I certainly tried my best. I appreciated my siblings still eating it. Anything that I could do to make my mom's life easier around the house, I would do that.

*I Need Blue LLC:* 15:18

That's great. Now, I completely understand your mom, when she said, No, I don't want you to become a police officer, because I am a military mom. And it doesn't matter what field of protecting others that you're in, as a mom, our thought instantly goes to oh my gosh, they're gonna get hurt, or I'm never gonna see them again. So I understand when your mom said no, to being the police officer. Honestyly, at the end of the day, I see all of the passion you have. We really just want our kids to to be happy. You are in Australia, obviously, I'm in the United States. I was wondering if you could share what it is like for you there. What is the perception of your law enforcement? And what weren't you prepared for when you became a police officer?

*Stacey:* 16:18

Going into the police academy, and the police force, I was still very young. I think I was about 20-21 When I eventually got into the police force. I wanted to join as soon as I finished high school and I was too young. So here in in my state of New South Wales, at that time, for you to graduate in the police academy, you had to be 19 years old for your firearm, and I wasn't 19. So I studied at uni. Before I went to the police academy, I felt I was prepared for some things when it came to deceased persons and that type of stuff. I felt I would be reasonably okay around that area because I worked for the coroner, here in New South Wales, before I joined the police force. So seeing those types of scenes, I felt I was okay with. However what I guess I wasn't prepared for was the mental side of things; the witnessing people in their own trauma, and then not really having a way to debrief at that time. I was not prepared for, you're going from job to job, and sometimes you don't have time to debrief. I guess sometimes the perception of what is needed to debrief, changes from person to person as well. For me, I remember going to a drowning as a very new police officer, what they call probationary police officer here in New South Wales. The drowning incident itself wasn't what got to me, it was the family and them in grief that got me. I was a bit affected, a bit triggered by all of that. It wasn't considered a very nasty death or anything like that, so it didn't clasify as needing a debrief. But I actually did need a debrief after that. You become a bit worried, and I did back then, as to speaking up about mental health. I was worried to say that a job had affected me because I didn't want to be restricted, which meant not having my firearm and being stuck in station. That also meant delaying my studies to be a full police officer, being a full constable. I didn't want to speak up about that just in case it was going to affect my career. For me, what I'm so passionate about is now wanting to try and get those people to speak up, to seek help, to do something that is healthier for themselves. What I realized is not speaking out about that is what's going to start causing trauma stuck in your body, and then that's going to continue to grow and grow and grow. Depending on which other jobs you go to, and as a police officer, you are going to go to a multitude of different jobs. Sometimes you don't know what becomes activated and triggering for you,until you actually get to that job and in your in that moment. Then you might have questions as to why is this triggering me? Why am I reacting like this? That was certainly one of my questions during the drowning where I was questioning, why am I affected by this? I've seen a number of deceased people including drownings from my time in the coroner's offices. Why is this time different? It would have been really nice to have a sounding board to speak to and so I wasn't prepared that that might not happen. But it also didn't happen because it didn't choose it and I didn't actively speak out about it as well, because I'm sure if I spoke out about it, my colleagues would have supported me.

*I Need Blue LLC:* 19:51

There's something you said quite a bit that I really like. It was the word why? You said I didn't know "why I was reacting this way. I had seen it several times in the coroner's office like, why, why why?" I think a lot of people don't stop and ask themselves "why". They just kind of live with it like, okay, whatever. That's just how I am. That's just how that is. Let's move on, let's forget about it. I got worse problems, whatever. Do you find that true?

*Stacey:* 20:23

I guess some people don't ask why because they're afraid of what the answer could be. Sometimes it's easier to push it aside, ignore it, forget about it in hopes that it can go away itself, and just ignore it. But, again, avoiding it doesn't mean that it's going to go away, it just might come back in a different way. Perhaps you start reacting differently at home being impatient and snappy at times. The anxiousness and anxiety starts to build up and we don't realize it may have started from something small, and it's just been building up over time. The "why" can make people scared. Why? Because we might have to actually start to delve deeper. Why? Because we might uncover something that, in the past, they had pushed away and avoided, and again hoped that it would just go away. Why? It might lead to being vulnerable and that's a big scary thing for people. It is hard for people to say, "I need help." As a law enforcement officer, as a police officer, you are the people they come to. You are the person that everyone looks up to. You are the person that when something happens, they call you. You are the person where they feel like you have all the answers, without even realizing it, they've kind of put you on a pedestal at times. We know as police officers, when you get introduced to people it's, "this is Stacey and she's a police officer." You get the title without even having to ask for it. Becuase of this, we start putting ourselves in that different category, instead of just being human beings having human experiences, we start to feel that we shouldn't have those human experiences. Asking "why" means we have to actually acknowledge ourselves as being human and needing help. That can be scary!

*I Need Blue LLC:* 22:30

Absolutely. I think it's perhaps also like looking in a mirror and asking yourself, what do you see? That's really hard to do sometimes. What is one of your lowest moments in your career? And how did you pull yourself out of it? Or do you not?

*Stacey:* 22:52

During one of my lowest moments in my career I was overworked. I was emotionally exhausted. I was at the stage where I was wanting to prove my worth. I became a detective very early in my career from my hard work; the jobs that I went too, the jobs that I did, the work and effort I put into it. I put my hand up for every job, stayed back for over time, basically, I did it all. What I realized by doing that, I wasn't actually taking care of myself because I was constantly giving, giving, giving, and wanting to show how much of a good worker I was. I don't want to let anyone down. I wanted others to know they made the right decision choosing me to come into the team and all of that. I then started hating my work, I then started dreading to come to work. One of my lowest points, and it happened over quite a few months, was I would drive to work and hope I would be in a car accident so I couldn't attend work anymore. In my mind, I didn't want to die and I didn't want anyone else to be involved in this car accident, but I just didn't want to go to work anymore. I wouldn't have to face the workload I need to do, I didn't have to face taking on an extra job and I didn't have to face this and that. It got to a point that I drove two streets away from my police station, pulled over and cried. I cried realizing this isn't normal. I shouldn't be hoping to be injured on my way to work so I don't have to work. I realize I had this thought in the past when I was a teenager, before I joined the police force. When I was at University, I hated that degree because it was only to please others, I was hoping that again I would be in a car accident so I didn't have to do that degree and then I could go hey, I want to do my policing. So that day when I pulled over and cried, I realized that I again was doing things that people wanted me to do. I was doing them to people-please. I was doing it to try and be the good girl. However what I was doing, was not taking care of myself. I realized this was going to be the downward spiral of my mental health if I didn't do anything about it. I'm one of those people that doesn't like taking sick days. So for me, recognizing and being aware of that, I rang up, in tears, my Detective Sergeant and said, "I can't come into work today." I drove home; I was only a minute away from my station. When I went home, I realized I needed to do something about it. I was scared and didn't know what to do. That situation was my starting point, knowing that I knew I had to do something, knowing that I was burnt out, emotionally burnt out, physically burnt out, mentally burnt out. I knew this wasn't the way to live. It was scary to say; I can't do it all. I'm a human being, I can't do it, I need a break.

*I Need Blue LLC:* 26:08

So what did you do next?

*Stacey:* 26:10

I then reached out to my then husband, we weren't married at that time, and told him I needed to get some help. We have what's called, EAP Employee Assistance Program where you can ring up and seek the assistance of counselors, psychologists and we get a certain amount of sessions free. I reached out and spoke to someone. This time also started me on my own path of, what can I do for myself to start helping myself such as putting down healthy boundaries. I was always yes, yes, yes and giving and realizing I couldn't do that anymore. I started to take care of myself physically with exercise and nutrition, but actually taking care of my nervous system. It was the starting process of learning all about that and what I can do about that. It was a slow process. It didn't happen instantly, but it was a beautiful journey which allowed me to have that awareness to go, something's not right, we've got to change some things, otherwise, you aren't going to be a police officer anymore. It's not healthy. The most fascinating thing about the nervous system is that people underrate it and don't appreciate it enough. It does so much for us. Our nervous system is the system that creates and starts everything for us; our body. Our nervous system is the part that acknowledges whether we perceive a threat. That's where we go from what we call the Ventral Vagal State, the state of feeling calm and safety into fight or flight, freeze or fawn. As a police officer, we need to be able to go into our fight stage for when we are going into a job that is high risk and we are wanting to either help save someone or to help protect someone. We need that as a police officer to be able to do that. It helps our cortisol levels rise, helps the heart rate beat faster and getting the blood pumping so we have that strength and ability to do those things that we do when we're a police officer.

*I Need Blue LLC:* 28:43

So this technique has definitely helped you in your professional life as a police officer, a first responder, but it has also helped you on a personal level.

*Stacey:* 28:55

What's so amazing is that we can actually help calm ourselves and help calm our nervous system. When we get into a fight or flight, freeze or fawn state, sometimes we get into that state because we're overwhelmed with trauma. We can actually regulate ourselves, we can actually create and hold space for our nervous system, which will help us come back into this beautiful state of safety, of groundedness, of curiosity. That's where we retain our information. That's where we are accepting and understanding to wanting to learn more and expand within our own growth in our own consciousness. We don't realize we can do that, especially if we're stuck in a trauma state. By regulating our nervous system, we can actually get back down to safety. We're not supposed to be in In the safety state all the time, we are meant to go up and down. Our nervous system helps scan for perceived threats. You could be driving and you might see a car stopped in front of you and your nervous system may scan and go, "oh, okay, we've got to put on the brakes." You might feel that little jolt of nervousness in you, because your nervous system has gone, oh, okay, that car's been pulled over, we need to make sure that we don't hit that car. This helps us go into that quick "fight" stage; okay, put on the brakes and make sure that we don't hit that car. Then we realize we have slowed down, haven't hit the car, and we continue on driving. Then hopefully we come back down to a safety zone. The body is so much more than just us living, breathing, moving our hands around walking and talking. So much is happening beneath us that we don't even realize.

*I Need Blue LLC:* 30:54

How did you discover it? When I mentioned in terms of going down to my lowest and I reached out and spoke to some therapists and got some help. For me, it was a lot of talk therapy. I did enjoy it with some of the therapists that I went to, but I felt I needed more. I just felt like I needed more in the body. Again, for me, I felt like the talk therapy was assisting, but I felt like I could go deeper.

*Stacey:* 31:48

I started to look more in terms of the body. That's where I started to learn more about the somatic work in the embodiment of a feeling in your body. Trauma is in our body and our mind is connected to our body. When something is triggering us, it's because our mind has created a story attach to the trigger. I got into learning about the nervous system. In terms of polyvagal theory, that was by Dr. Steven Porges. If people want to look up him, he goes into very great depth about polyvagal theory and the nervous system. He's absolutely amazing. As police officers, when you are attending jobs, you are attending jobs to people who are in fear of what's happened in the past or in fear of what could happen in the future. So at some point, for the majority of the community that you're attending to, they are possibly going to be in a dysregulated state, they are going to be in a flight, fight, freeze or fawn responsiveness. Police officers, we should be able to recognize that and have space for that because as you regulate, co regulate with them without them even realizing it, they are going to start going into different states before they come back to the safety state. We should be able to recognize it to be able to serve the community better. If you think about attending a car accident, someone's trapped in the car and you're helping by talking to them. They're in a traumatized state and so you as a police officer, you may not be able to get them out unitl other resources come, but you're going to be talking to them, you're going to be trying to calm them down. At that point, you are starting to co regulate their nervous system. It is an amazing tool to have as a police officer. If you call a police officer and they've been able to help you where you're like, "oh my gosh, that police officer really helped me, even though I was at my lowest of low, he really helped me." That police officer has not only created and held space for you, but also quite possibly have regulated your nervous system, whether they realize it or not. It's needed to be so much more spoken about and needed to be so much more learned about.

*I Need Blue LLC:* 34:31

I'm sitting here thinking why don't we have more information on this? In the States, we have our 911 dispatchers who ultimately are the first responders because they get that phone call. I think this is perhaps another tool they could have in their toolbox.

*Stacey:* 35:04

Definitely. As much as we can go, "Okay, you need to calm down," telling someone they need to calm down isn't going to calm them down. 911 dispatchers in Australia, are called 000 and they do go okay, I'll get you to talk with me, breathe with me, now take a big deep breath, it's okay to cry, stay on the phone with me. Those type of things are part of the CO regulating nervous system tools. As a dispatcher, having more awareness when you're on the phone with them, they could be crying, and then all of a sudden can start to get really anxious and frustrated. We may perceive that as a bad thing, but it can be a good thing, because it means they're going from freeze and fawn response, and dropping into the fight or flight which is what we need for them to go back down to the ventral state, the feeling of safety. And so you may need to approach it in a different way to help him in that way.

*I Need Blue LLC:* 36:08

What's great is this is not a pill, this is not a prescription, this is something you can do on your

*Stacey:* 36:19

You can make it however you want it to be; there's many own. different tools that we can do for our nervous system to regulate it. It's really about trying those different tools, seeing which one really resonates with you more but also knowing if you need more tools they are out there. For example, talking to yourself or doing some breathing, and actually taking the time and putting your attention and intention to do it. It can be difficult for people who are constantly going going going to actually take a step back, stop and be still. Be in silence and be in solitude which could be different for them. It could also be triggering for them because they're not used to that, their nervous system isn't used to that. So doing the different tools can help you in different states.

*I Need Blue LLC:* 37:27

So the breathing, why did you have them tap the side of their hand?

*Stacey:* 37:33

If they're open to that, I have them tap the side of their hand. It is one of the meridian points. So Emotional Freedom Techniques, otherwise known as tapping, is where you use your fingertips and tap on meridian points, which are predominantly on your face, upper body and your hands. If we think of acupuncture, and acupressure, they use those little needles on your meridian points. So instead of using little needles, we are using our fingertips and what that's doing is helping putting signals into our amygdala in our brain. The amygdala is what helps us scan for what it perceives as threats, and then it sends signals down which cause us to get into fight flight, freeze or freeze. However, when we're stuck in a trauma state, and for an extended period of time, the amygdala can enlarge. It's normally supposed to be the size of like an almond and but when you have PTSD and everything like that, it can be quite large. By tapping it sends, signals to our amygdala that we are safe because during that time, the amygdala is going back to the initial incident, that traumatic incident that happens. So for that sexual assault victim, the amygdala could be thinking that it's back stuck in that sexual assault incident, and so we're bringing the awareness to the amygdala to know we're not in that place at moment now. We're actually sitting in a room, in a courthouse, and we are safe, and to start to acknowledge that. The signals are to acknowldedge that we are safe.

*I Need Blue LLC:* 39:07

So you have written a book. Can you tell us about that?

*Stacey:* 39:14

It's called the Intuitive Detective and it is a healing memoir. I speak about my early childhood, which in terms does mention my dad's death. It goes into how I became a police officer, my time during the police force, and also current day experiences. It's not talking about everything, and it's not talking about every police job I went to, but what it's talking about is different parts in my life that allowed me to have more awareness for myself. Awareness for my healing journey, my traumas, which allowed me to go deeper and release that fear and trauma from my life. It also allowed me to go in the deeper journey within it and have more awareness as to what's been around me. I mentioned growing up having to be the second parent. There was a lot of responsibility with everything that happened to me. But as I went through different parts of my life, I actually had more awareness of my mom, and didn't realize that actually, my mom was really depressed at that point, because my dad was not here anymore. Growing up, I was really angry at my mom for having to do certain things which were expected for me to do, as well as her not wanting me to be joining the police force, but throught this journey I bacame aware that I can actually be a little bit more forgiving. And it's not necessarily meaning having to forgive my mum, but actually forgiving of myself for my thoughts and feelings and emotions at that time. I do mention different tools that helped me; breathwork, EFT tapping, a mention on embodiment, on moving, on journaling, and different things there that actually helped me and I put that into those real life situations and how I overcame that. Where can somebody find your book? How am I aware when I am triggered and activated? And The Intuitive Detective, it's on Amazon, Kindle, and in America, what I did to help me with that. it's on Barnes and Noble, Walmart and any other major online bookstores. If you love supporting local, your local bookstore can order it as well. And for Australia and the rest of the world, you can get online academics at Angus and Robinson, Book Depository www.StaceyWebb.com.au I'm also on Instagram, https://www.instagram.com/\_staceywebb/ I do online, one on one sessions, as well as group sessions. So you can come anywhere in the world. They are also recorded so you can also watch them on the replay. If time differences is an issue and you're wanting to join, you're still able to join because the amazing thing about nervous system and energy is that the energy is everywhere. Even if you're watching something on replay, it's still going to give you the same lasting effects than if you were live at the time.

*I Need Blue LLC:* 43:00

What is your most popular service? One-on-one, my intuitive release mentoring sessions. My group sessions are popular because I do air connection circle for nervous system healing where we use nervous system regulation tools. It's about how they're feeling in their body. They don't have to say anything that is in their fear or trauma that's happening right there at that time. It's bringing awareness to their body. That's great! Thank you for being my guest today. I really appreciate you being here. Thank you for your service, both in law enforcement, and your services and how you're helping people.

*Stacey:* 44:06

Thank you so much for having me. I've absolutely loved being here and thank you for even having the service to allow us to even talk. I really appreciate that.