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# Monthly Newsletter

September 2022

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**Psychological Body Armor**

The concept of Psychological Body Armor goes beyond the old notion of reactive stress management and employs the very latest research on human resilience. Its

perspective not only helps individuals “bounce back” from adversity and crisis, but also helps them develop a greater degree of protective “immunity” in the face of adversity and crisis.”

These are the six components of Psychological Body Armor...

- Resilient Attitudes
- Exercise
- Nutrition
- Rest/Sleep
- Relationships
- Spirituality

This month we will focus on Nutrition.

“Diets of Convenience” are common in emergency services. They commonly consist of:

- Highly refined foods
- High sodium
- Fast food high in saturated fats
- Energy drinks

While these foods are indeed convenient, we know that don't provide the best nutritional value. With some advanced preparation, you can set yourself up for success when it comes to choosing alternatives to "Diets of Convenience."

Caffeine is another staple item in the emergency services diet. Caffeine has been found to be safe in levels of less than 400mg per day. An 8oz (do they even sell that small of a quantity?) cup of coffee has 100-200mg of caffeine. Here are some other common ways you intake caffeine. You can see that caffeine levels can add up pretty quickly.


- 8.4oz  
Red  
Bull  
—  
80mg
- 8oz  
Monster  
—  
92mg
- 8oz  
Full  
Throttle  
—  
210mg
- 1.9oz  
5-  
Hour  
—  
215mg
- 16oz  
Bang  
—  
300mg

The final issue with caffeine is that it has a half-life of 5 hours. If you track your intake throughout the day and do the math regarding half-life, you'll find you have more caffeine in your system at bedtime than you realize.

When it comes to our body's ability to "bounce back" from adversity and crisis and to develop a greater degree of protective "immunity," nutrition is part of our overall Psychological Body Armor.

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FIREFIGHTERS & FIRST RESPONDERS  
**FRIENDS AND  
FAMILY NIGHT**  
SEPTEMBER 14, 2022 6-9PM



**FIRE RESCUE  
SUPPORT**  
.COM

Come join us for a BBQ Bash and Fundraiser to honor  
those that Protect, Serve and Save.

All sales donated to  
Fire Rescue Support.

PLEASE RSVP: [mission34471@mission-bbq.com](mailto:mission34471@mission-bbq.com)

HOSTED BY:

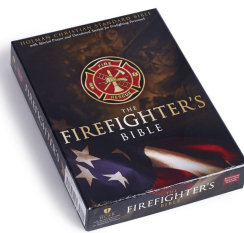


**MISSION BBQ**  
The American Way.

2505 SW COLLEGE RD., UNIT 200 | OCALA FL 34471 | 352-558-8601

Note the date change on this fundraiser at Mission BBQ

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*Click image for more information*

## Faith in the Fire

Chaplain Joe LaCognata shares about some of the unique challenges faced while trying to live out faith in the fire service.

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## Upcoming CISM Training

September 13-15, 2022

Naples, FL

Contact us to host training at your agency

[Click here for more information and to register](#)



## Stress Management Information

Click the logo for information on how to better manage your stress.



**In Remembrance**

**The following firefighters died in the line of duty  
during the month of August**

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8/3 - Riley Daniel Ray Huiras - Wisconsin Rapids, WI

8/10 - David Pleasant - Memphis, TN

8/10 - Collin Hagan, Craig, CO

8/14 - Michael Fischer - Island Park, NY

8/18 - Logan Taylor - Salem, OR

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**75 firefighters have died in the line of duty in 2022**

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**Our Vision**

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.

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## Donate Today

As a non-profit organization, Fire Rescue Support operates thanks to the generosity of individuals, churches and other organizations. You can give online by clicking the logo.

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## Amazon Smile

Want to help make a difference while you shop in the Amazon app? Simply follow the instructions below to select "Fire Rescue Support Inc" as your charity. They'll donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Fire Rescue Support Inc" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app



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