

# Maintaining Health and Wellness in the Hot Seat

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Wednesday, November 6 9:00-10:00am



#MentalHealthAwareness

#MentalHealthfor911Dispatchers



# Sgt. Michael Sugrue - Ret. · Following #1 Best-Selling Author | National Keynote ... 51m · ©

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Let's all help to smash the stigma!

#ptsi #smashthestigma #mentalhealth #cops
#policeofficers #lawenforcement #firstresponders #ois
#bluelivesmatter #ptsdawareness #ptsd #ptsisurvivor #ptsi
#suicideprevention #smashingthestigma #iwilllisten
#resiliency #recoveryispossible #help #backtheblue
#trauma #mentalhealthawareness #depression #anxiety
#anger #firefighters #paramedics #michaelsugrue

I recover out loud because silence nearly killed me.

# LEARNING OBJECTIVES









DEVELOP AN
UNDERSTANDING OF WHAT
TAPPING IS AND HOW TO

PRACTICE CHAIR AND LAUGHTER YOGA.





## Breathing Exercises

**TECHNIQUE** 

Inhale for 4 seconds

**Hold for 7 seconds** 

**Exhale for 8 seconds** 



#### Slow, Deep Breathing (also called diaphragmatic breathing)



For deep breathing exercises, take a few slow deep breaths, letting your abdomen expand as you fill up your lungs, then breathe out slowly and completely. Notice where you may be holding some tension throat, shoulders, chest-and relax so that each breath becomes slower and deeper.

#### **Progressive Muscle Relaxation**



This technique involves relaxing different muscles in your body, progressing from head to toe, or toe to head. Briefly contracting each muscle before relaxing it can help you feel which muscle is tense. At the same time take deep breaths, inhaling through the nose and exhaling through the mouth.

#### **Mindfulness**



For a mindfulness exercise, focus on being aware of what you're sensing and feeling in the moment—sight, sound, smell, taste, or touch. Mindful body scan practice involves focusing attention on different parts of your body and their sensations in a gradual sequence. You can combine mindfulness with the other muscle relaxation and breathing techniques.

BALLOON BREATHING

For more information about relaxation techniques and mindfulness, visit

nccih.nih.gov

Pressing reset on stress for just a few minutes several times a day can prevent stress from building up and can lead to better sleep, giving you more energy the next day.

# **4-7-8 BREATHING**

Lion's Breath

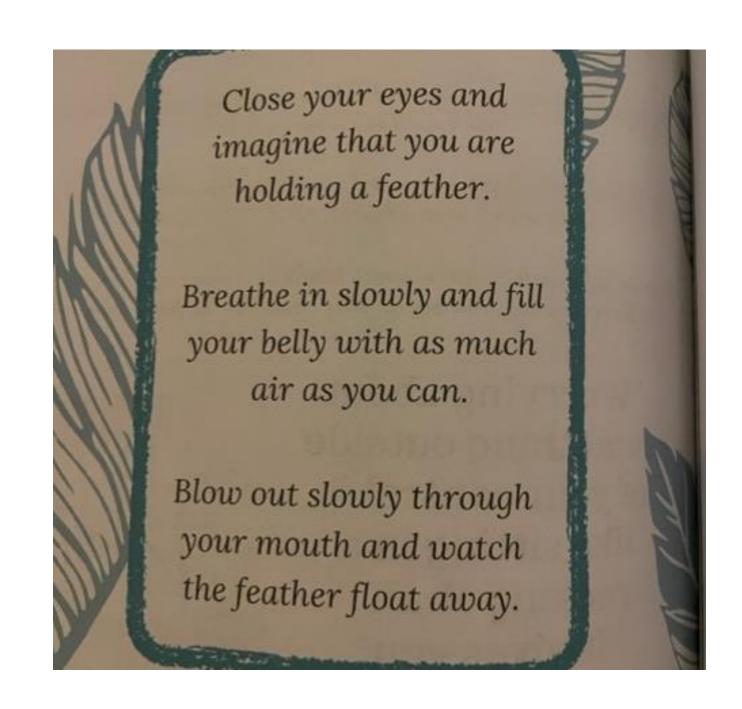


## Feather Example

This can be used reactively or proactively.

It is subtle and can easily be added into your day.





## Evidence Based Practice-Tapping (5 mins)



# Happy Chemicals in the Body

We'll look more at laughter on the next slide;)

## HAPPY CHEMICALS

and how to access them

#### DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Achieving goals
- Eating food
- Doing self-care activities
- Celebrating small wins

#### OXYTOCIN

THE LOVE HORMONE

- Physical affection
- Playing with a pet
- Playing with a baby
- Give a compliment
- Hug a loved one

#### SEROTONIN

THE MOOD STABILIZER

- Physical exercise
- Meditating
- Walking in nature
- Sunlight
- Cold shower

#### ENDORPHIN

THE PAIN KILLER

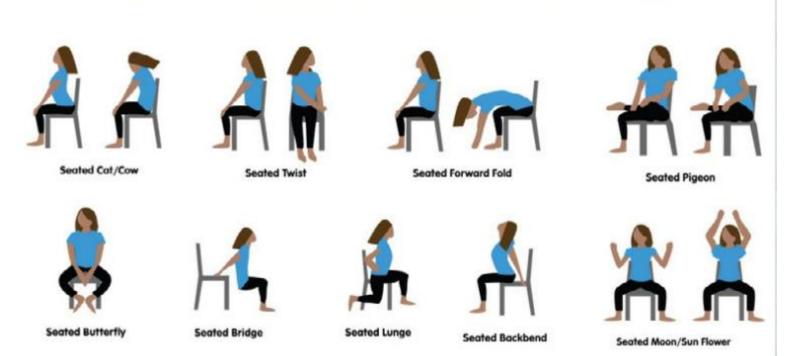
- Laughing
- Dark chocolate
- Physical exercise
- Using essential oils
- Acupuncture

Laugher Exercise (5 minutes)



# SEATED EXERCISES

# Chair Yoga Seated (5 mins)



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# Chair Yoga Standing (5 mins)



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SAVASANA (REST) 3 minutes



## References/ Links

- Press Reset on Stress (nih.gov)
- <u>Lion's Breath Tutorial | Pranayama for Boosting Energy YouTube</u>
- How to Tap An Introduction to the Tapping Points with Jessica Ortner - The Tapping Solution - YouTube
- <u>Laughter Yoga | Liliana DeLeo | TEDxMontrealWomen -</u> YouTube
- North Carolina NENA Wellness Workbook: Green ENP, Kayleigh, Howard, Monica, Warner, Ashley: 9798389127678: Amazon.com: Books
- The Surgeon General's Framework for Workplace Mental Health and Well-Being: <u>Workplace Mental Health & Well-Being — Current Priorities of the U.S. Surgeon General</u> (hhs.gov)
- The Raspy Dispatcher Podcast: <u>Podcast The Raspy</u> <u>Dispatcher</u>

### Resources

- 988:988 Suicide & Crisis Lifeline | SAMHSA
- SAMSHA's National Helpline: <u>SAMHSA's National Helpline</u> | SAMHSA
- Safe Call Now: <u>Home | Safe Call Now (safecallnowusa.org)</u>
- NAMI National Hotline: <u>NAMI HelpLine | NAMI: National</u> <u>Alliance on Mental Illness</u>
- HERO Warmline/Resources for First Responders in Virginia:
   About HERO: Hope and Help For First Responders Hero First
- NAMI Frontline Resources: <a href="https://www.nami.org/Your-">https://www.nami.org/Your-</a>
   Journey/Frontline-Professionals/Public-Safety-Professionals
- NAMI Frontline Resources for Family members of Public Safety Professionals: <a href="https://www.nami.org/Your-Journey/Frontline-">https://www.nami.org/Your-Journey/Frontline-</a>
   Professionals/Public-Safety-Professionals/Family-Support
- Virginia Department for Aging and Rehabilitative Services:
   Virginia Department for Aging and Rehabilitative Services





Questions

## LinkedIn:

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