



North
Carolina
APCO

Leaders in Public Safety Communications

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 • 🌐

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



LEARN/PRACTICE
BREATHING TECHNIQUES &
MEDITATIONS FOR DAILY
USE



DEVELOP AN
UNDERSTANDING OF WHAT
TAPPING IS AND HOW TO
USE IT



PRACTICE CHAIR AND
LAUGHTER YOGA.





Mindful Minute Exercise

What is Guided Imagery?

Guided imagery is a program of directed thoughts that guide your imagination towards a relaxed, focused state.

Guided imagery is based on the concept that your body and mind are connected.

Using all your senses, your body seems to respond as though what you are imagining is real.

Guided imagery is not just a mental activity. It involves the whole body, the emotions and all the senses.

Breathing Exercises

4-7-8 BREATHING TECHNIQUE

Inhale for **4** seconds

Hold for **7** seconds

Exhale for **8** seconds

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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.

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.

For more information about relaxation techniques and mindfulness, visit

nccih.nih.gov

BALLOON BREATHING

Step 1: Inhale Fully

Place your hands on your belly. Breathe in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...



Step 2: Exhale Fully

Now open your mouth and slowly blow all of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.



Lion's Breath



Feather Example

This can be used reactively or proactively.

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



Close your eyes and
imagine that you are
holding a feather.

Breathe in slowly and fill
your belly with as much
air as you can.

Blow out slowly through
your mouth and watch
the feather float away.

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

Laughter Exercise (5 minutes)



Chair Yoga Seated (5 mins)

SEATED EXERCISES



Seated Cat/Cow



Seated Twist



Seated Forward Fold



Seated Pigeon



Seated Butterfly



Seated Bridge



Seated Lunge



Seated Backbend



Seated Moon/Sun Flower

Chair Yoga Standing (5 mins)

STANDING EXERCISES



SAVASANA
(REST)
3 minutes



References/ Links

- [Press Reset on Stress \(nih.gov\)](#)
- [Lion's Breath Tutorial | Pranayama for Boosting Energy - YouTube](#)
- [How to Tap - An Introduction to the Tapping Points with Jessica Ortner - The Tapping Solution - YouTube](#)
- [Laughter Yoga | Liliana DeLeo | TEDxMontrealWomen - 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: [Workplace Mental Health & Well-Being — Current Priorities of the U.S. Surgeon General \(hhs.gov\)](#)
- The Raspy Dispatcher Podcast: [Podcast — The Raspy Dispatcher](#)

Resources

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



Questions



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