

EMS Focus

A Collaborative Federal Webinar Series

Living Well and Leveraging Adversity and Stress Over the Long Haul

Today's Speakers

- ▶ John Becknell, PhD
- ▶ Mike Washington, MSW, EMT
 - ▶ Seattle Fire Department
 - ▶ USMC (Ret.)
- ▶ Kate Elkins, MPH, CPH, NRP, CHES
 - ▶ EMS/911 Specialist, NHTSA Office of EMS



Purpose

- ▶ Encouragement for road ahead (challenging times)
- ▶ You're not alone
- ▶ Reframe adversity
- ▶ Living well during tough times



Philosophy Talk

- ▶ Tough times and living well are not incompatible
- ▶ Life journey – adversity as leverage
- ▶ Living well – becoming the best possible version of yourself
- ▶ Grow up and grow wise
- ▶ Well-being paradox



Mike's Journey



Know Your Zone



ILL

Stress is constant and disabling.
Ongoing trouble functioning.
seek medical treatment

INJURED

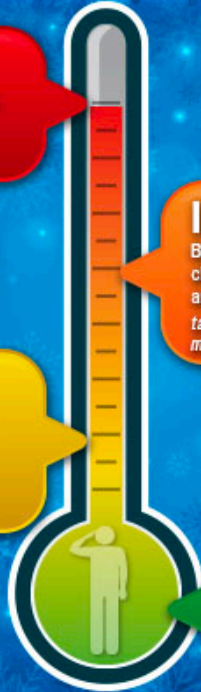
Behavioral and emotional
changes become more severe
and more persistent.
*talk to a chaplain, counselor or
medical provider*

REACTING

Changes from normal behavior
in response to temporary and
mild distress.
*get adequate sleep, talk to
someone you trust*

READY

Not stress free, but mission ready.
Emotionally and physically healthy.
keep fit, eat right, relax



Every Sailor, Every Day

navstress.wordpress.com

Leveraging Adversity

- ▶ Armor up and armor down
- ▶ Cultivate calm (equanimity)
- ▶ Work on themselves (warm friendship with self)
- ▶ Seek nutritious relationships
- ▶ Learn to carry heartbreak
- ▶ Claim their life story



What to Do Now

- ▶ Commit
- ▶ Get in the game (start small)
- ▶ Do your personal work
- ▶ Join the living well tribe



Questions?

Please submit questions through the webinar platform

Contact the presenters:

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Resources

From the Federal Healthcare Resilience Task Force

Federal Healthcare Resilience Task Force

EMS/Prehospital Team

COVID-19 Behavioral Health Resources for First Responders

First responders are facing unique stressors during the COVID-19 pandemic. This document presents resources and strategies to support first responder behavioral health.

Tips for Self-Care during the COVID-19 Pandemic

The Centers for Disease Control and Prevention (CDC) recommend the following:

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or [meditate](#).
 - [Try to eat healthy, well-balanced meals](#).
 - [Exercise regularly, get plenty of sleep](#).
 - Avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

In addition, some first responders find yoga to be a helpful [stress management tool](#).^{*} Practicing [mindfulness](#), or being completely aware of what is happening in the present without judgment or preconceived notions, may also be beneficial. Several mindfulness smartphone apps, such as [Headspace](#)^{*} and [Mindfulness Coach](#)^{*}, are free to use during the COVID-19 pandemic.

If you are using these suggested self-care methods and you still feel overwhelmed, it means that you are human. Consider reaching out to a friend, loved one, or mental health professional. Additional resources for first responders are listed on the next page. Asking for help takes strength and will help you stay healthy and get back to being able to take care of others.

If you are having thoughts of suicide, take immediate action:

- Call 911 *or*
- Call the [Disaster Distress Helpline](#) at 1-800-985-5990 or text TalkWithUs to 66746 *or*
- Call the [National Suicide Prevention Lifeline](#) (800-273-TALK [8255])^{*} *or*

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April 25, 2020

^{*}This document contains weblinks to non-Federal websites and webpages. Linking to a non-Federal website does not constitute an endorsement by the U.S. government, or any of its employees, of the information and/or products presented on that site.

This guidance applies to all EMS delivery models including but not limited to: free standing, municipal third-service, fire-based, hospital-based, private, independent, volunteer, and related emergency medical service providers.

Document Developed by the Healthcare Resilience Task Force
Emergency Medical Services (EMS) Prehospital Team

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- Text FRONTLINE to 741741 to reach a Crisis Counselor at the [Crisis Text Line](#)

Resources

From the Federal Healthcare Resilience Task Force

[COVID-19 Behavioral Health Resources for First Responders](#)

[Burnout, Self-Care & COVID-19 Exposure for Families of First Responders](#)

[Burnout, Self-Care & COVID-19 Exposure for First Responders](#)

[Managing Patient and Family Distress Associated with COVID-19 in the Pre-Hospital Care Setting](#)

[Mitigate Absenteeism by Protecting 911 Telecommunicators' Psychological Health and Well-Being](#)

[Mitigate Absenteeism by Protecting EMS Clinicians' Psychological Health and Well-Being](#)

[Health Promotion to Enhance Healthcare Worker Performance During COVID-19](#)

[Preventing and Addressing Moral Injury Affecting Healthcare Workers During the COVID-19 Pandemic](#)



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