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
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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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
- 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

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

Health Promotion to Enhance Healthcare Worker Performance During COVID-19

Preventing and Addressing Moral Injury Affecting Healthcare Workers During the COVID-19 Pandemic
Visit

For more info and to sign up for email updates from the NHTSA Office of EMS