



ISA

Internal Situational Awareness Tactics

Visualization

This is a mental workout

Create your thoughts that you want to manifest daily

Reframing

✓ Positive self-talk		✗ Stop negative thinking
✓ Be self-aware		✗ Refrain from self-loathing
✓ Change your negative attitudes		✗ Refrain from multitasking

Destress for First Responders



Learn Tactical Techniques

Scan For More Details



- ✓ Progressive Muscular Relaxation (PMR)
- ✓ Deep Breathing/Stretching
- ✓ Adrenaline Release Techniques



PMR Script



Signs of Stress

Insomnia	Unexplained weight gain/loss	Grinding teeth
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Irritability, anger, frustration outbursts	Chest pain/palpitations	Social withdrawal Increased anxiety
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Sound Familiar?

Gratitude

Did you know studies show that the most resilient people that have survived some sort of trauma share a common trait? That trait is daily GRATITUDE.

Lights up the brains reward pathway

Improves physical health

Increases social connection

Increases empathy and compassion

Lessens depression and anxiety symptoms

Increases resilience

The Stop Light Tactic

Deep Breathing



Try this today.....at every red light you come to today.... stop, pause, and take a deep breath.... Exhale slowly, envision yourself releasing all your stress....

You will be much more relaxed... This can be done while driving on shift, or in your personal daily lives....