Internal Situational Awareness (ISA) Tactics

Visualization

This is a mental workout. Create your thoughts that you want to manifest daily.

Destress for First Responders

Learn Tactical Techniques

Scan For More Details

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

PMR Script

Refocusing

- Positive self-talk
- Be self-aware
- Change your negative attitudes
- Refrain from multitasking

Signs of Stress

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

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 brain's reward pathway
- Improves physical health
- Increases social connection
- Increases empathy and compassion
- Lessens depression and anxiety symptoms
- Increases resilience

Sound Familiar?

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....