

# MAINTAINING SELF-CARE AND BALANCE

## FIRST RESPONDERS

### **Description session:**

We all have tools for responding and addressing incidents and emergencies call outs for others but what about ourselves? This interactive session will go through some coping skills for the stresses and PTSD that SAR teams experience including some breathing techniques that can be useful throughout all stages of a mission and beyond.

### **Knowledge-based objectives of lecture:**

1. Achieving and maintaining self-care and balance for SAR teams and Emergency Responders.
2. Improving mental health and well-being through acquiring coping tools, including effective breathing techniques.
3. Addressing and recognizing prolonged stress from trauma, understanding its impact on mental well-being, and acknowledging the potential effects of PTSD.
4. Promoting awareness of resources and fostering a proactive approach to mental health within the SAR and emergency response community.

*For more info please, you are  
welcome to schedule a call  
[HERE](#)*

