

# FIRE RESCUE SUPPORT

BEFORE... DURING... AFTER...

The following firefighters died in the line of duty during the month of March

3/9

Daryel Richards  
Hollywood, FL

3/10

M.V. Hudson  
New London, TX

3/12

Stacey Boulware  
Marietta, GA

3/16

Rodney D. Baker, Jr.  
Kunkle, OH

3/16

Allen Headley  
Belle Chasse, LA

3/22

Zachary Anthony  
York, PA

3/22

Ivan Flanscha  
York, PA

3/22

Michael R. Davidson  
Brooklyn, NY

3/23

Larry Marusik  
LaGrange, TX

3/24

Tom Craig  
Pratt, WV

3/24

Michael Edwards  
Pratt, WV

21 firefighters have died in the line of duty this year

## Stress Busters

You may not have known that April is Stress Awareness Month, but that probably hasn't kept you from experiencing some challenges along the way. In a study released in November 2017, the American Psychological Association shared the most common sources of stress in our country: the future of our nation, money, work, the current political climate, and violence and crime. And according to the American Institute of Stress, about 90% of all visits to primary care physicians are for stress related disorders, ranging from stomach trouble to heart disease. Job related stress costs American businesses about \$150 billion a year.

CareerCast found that many of the most stressful jobs share two key characteristics: the presence of stress is nearly always existent, and spikes in periods of high stress are unpredictable. That means stress is very real, especially to people who do the work you do. In fact, firefighting was the second most stressful job behind being in the military. Pilot, police officer, and event coordinator round out the top five.

So what can you do to stay healthy? Here are five aspects of self-care that will help you be better prepared for all you do.

**Exercise daily** – most of you do a good job of this while you're on duty. You take time, often as a

crew, to intentionally stay in shape. But what is your exercise plan on your days off? Do you have a workout routine for when you're on your own?

**Avoid alcohol and drugs** – I guess you'd expect a chaplain to say that. But the real danger in using alcohol and drugs is that they can mask the very symptoms of stress that you are experiencing. Your body does a great job of communicating trouble. There are physical, emotional, intellectual, behavioral and spiritual signs that indicate you are experiencing stress. Alcohol and drugs can get in the way of this normal communication and cover over some very real issues.

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**Get plenty of rest** – while sleep is not in your control while on duty, make sure you get plenty of rest on your days off. Turn off the TV, shut down the computer, and get the rest you need.

**Do things that feel good** – downtime, white space, margin. We all need this. But how many of you take

time for you? I know this can be a challenge, especially if you have children or grandchildren in your home. Hunting and fishing, woodworking and gardening, reading and walking. All of these give you the opportunity to become refreshed and refocused.

**Eat well-balanced meals** – while fire house cooking is the stuff of legends, there

are also times when Ronald McDonald is in charge of dinner. Eating well takes some work, but it's work that pays huge dividends.

These self-care suggestions are meant to bring about a change of life. They will have the most benefit when you incorporate them into your day-to-day routine and not when you simply try them for a day or two.

# Stress Basics

## What is stress?

We are all familiar with the word “stress.” It’s synonymous with change. Anything that causes a change in your life can cause stress, regardless of whether it is a positive or negative change. Getting a promotion or being terminated can both cause stress. If it is a change in your life, it is stress as far as your body is concerned. However, stress can help or hinder us depending on how we react to it. Positive stress can help propel us into action. Negative stress can result in health problems, such as high blood pressure, heart disease, and chronic migraines.

## Coping skills

There are different kinds of coping skills, some good and some bad. **Constructive coping mechanisms help us.** They allow us to use stress toward something productive. Examples include exercise, reading, relaxing, cooking, playing, outdoor activities, listening to music, and not worrying about things we can’t control, such as the weather.

**Destructive coping mechanisms hinder us.** Not only are they negative health habits, but also they usually make us feel bad afterwards, and that makes us more susceptible to stress. Examples include smoking, drinking, violence, and eating poorly.

# CISM Monthly Training

## Fire Chaplain Training

*Each month we'll discuss a topic related to crisis intervention. We hope this will serve as a refresher for those who have been trained, as well as something to create interest for those who have not.*

What are fire chaplains? What value do they bring to a department? What roles do they play? These and many other questions will be explored during this course. From theory to practice, participants will leave challenged and prepared to bring this valuable position to their departments. This course is open to current chaplains, as well as those considering involvement as a chaplain in the future. This would also be the perfect opportunity for a department exploring the chaplaincy to find out what it is all about.

**Fire Chaplain Training is being held at the Florida State Fire College in Ocala on Friday, April 27 from 1:00pm - 5:00pm.**  
Email [joe@firerescuesupport.com](mailto:joe@firerescuesupport.com) if you are interested in attending.



## CISM Training

Assisting Individuals in Crisis AND  
Group Crisis Intervention

**Tavares**  
**May 8-10**

**Clearwater**  
**July 10-12**

For more information and to register visit  
[www.firerescuesupport.com](http://www.firerescuesupport.com)

Want to host CISM training at your agency?  
Contact Joe at 352-425-1643 or  
[joe@firerescuesupport.com](mailto:joe@firerescuesupport.com)

## Amazon Donates to Charity



For eligible purchases at Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization. You can make Fire Rescue Support your organization by [clicking here](#). Then every time you order through the Amazon Smile website you'll be helping Fire Rescue Support continue its mission of supporting fire rescue personnel before, during and after the call.

## Thank You!

Thanks for your partnership with Fire Rescue Support. Because of you, we have the opportunity to support fire rescue personnel before, during and after the call. Visit [www.firerescuesupport.com](http://www.firerescuesupport.com) for more information or to donate. You can also find us on Facebook and Instagram. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at



## Connect with Fire Rescue Support





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Every day the men and women who serve as fire rescue personnel put their lives on the line for their communities. The work they do is full of unique challenges like dealing with extreme physical conditions and coping first hand with human tragedy. Often these challenges take a toll on their well-being and put incredible strain on their relationships. In addition, the people that fire rescue personnel serve are many times experiencing the worst day of their lives. As they struggle through their personal tragedies, they are faced with the task of rebuilding their lives and going forward.

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.



**FIRE RESCUE  
SUPPORT**

**BEFORE... DURING... AFTER...**