

FOR FIRST RESPONDERS, COMMISSIONED FOLKS AND ESSENTIAL WORKERS

“Like many, I’ve been knocked off balance by the COVID-19 crisis/restrictions and the cascading economic devastation. Past mistakes have taught me when life is swirling it’s best to pause, step away, and reconnect with fundamental principles. Then step back into the fray anchored to these principles and lean on them as a guide. This stops the spinning and leads to principle-based decisions instead of reactive ones. The basic principles of Quiet Professionalism are the toolbox I draw from in times like these.” - Rob Shaul; Mountain Tactical Institute


Quiet Professionalism and COVID-19

<https://mntactical.com/knowledge/quiet-professionalism-and-covid-19/>

This article provides resiliency tips that encourage you to get the job done.

These videos feature Dr. Tania Glenn and were recorded as she did a Deployment Brief for Williamson County First Responders as a “preparation /educational” brief for those who are responding to and working out there in the front lines of COVID-19. She says that you all can reach out to her in case you need to. You can also reach out to the VESS department or any VESS first-responder counselor you feel comfortable with. Our chats are always confidential. We can meet for sessions, as long as, we take the proper precautions. Or, we can always do video chat, calls or texts. I'm available 24/7. (956) 309-1102.

<https://www.youtube.com/watch?v=CcPzub6E18I> (Part I)



[Tania Glenn - Deployment Brief](#)

This video is about Tania Glenn - Deployment Brief

www.youtube.com

<https://www.youtube.com/watch?v=yqPRy9R75Q8> (Part II)



Tania Glenn Deployment Brief 2

This video is about Tania Glenn Deployment Brief 2

www.youtube.com

“The spread of the coronavirus disease 2019 (COVID-19) has more than just physical health implications. It also creates uncertainty and changes in lifestyle that can have an emotional impact. Firefighters, EMS providers, and rescue workers may be feeling the impact especially hard as they navigate the new realities of responding and maintaining operations during this crisis. Join Ali Rothrock, founder of On the Job and Off, for this free NVFC webinar to discuss how being a first responder during a pandemic can impact our mental health.” – National Volunteer Fire Council (NVFC)

Reset and Recharge: Taking Care of Our Mental Health in Uncertain Times

<https://www.youtube.com/watch?v=mV23SbA7Ejc&feature=youtu.be>

Ali Rothrock is a firefighter and EMS worker. Her sound advice can be applied to all first responders and people in law enforcement. In this presentation, you can observe and learn some really grounded and reasonable ways to handle working out there, facing all of the things you need to face, as well as, manage the effects of the pandemic has on others and yourself.

Attached is a handout with several useful resources created by VESS, the Fitness Wellness Unit and ERS webinar from earlier this month. If you were not able to attend, the PDF provides links to deep breathing and meditation segments, as well as, grounding and mindfulness exercises. These techniques are proven to reduce stress both in the short and long term. Please try them out. You will feel much better for it. Also in the hand out is an amazing list of resources for people living with mental health concerns like anxiety, depression, OCD and more. If you, a family member, or someone you know is managing mental health issues then read: **PREVENTING SUICIDE DURING AND AFTER THE COVID-19 PANDEMIC, TIPS FOR DEALING WITH A PANDEMIC NOW** and **TIPS FOR AFTER THE PANDEMIC**. If you are a veteran or family of a veteran, there is a comprehensive list of resources towards the end called: **TEXVET CONSOLIDATED MENTAL HEALTH RESOURCES FOR THE TEXAS VETERAN COMMUNITY**.

TX DPS Stress Management for Essential Staff at Work During COVID-19 (PDF attached to this email)