

MCFR MONTHLY WELLNESS

MAY 2024 NEWSLETTER

4TH BATTALION
STATION VISITS
COMING UP IN
JUNE, SIGN UP
TODAY!



Station 8 C Shift doing joint mobility after taking the FMS test!

BE A CATALYST FOR YOUR HEALTH

Mental Health & Self-Care

Mental health is just as important, if not more important than, your physical health. Whether it be decompressing after a call or having the fear in the back of your mind that you could injure or reinjure yourself when you return to the floor, taking care of your mental health should be just as important as squeezing in an hour of PT. In this month's newsletter, we will focus on ways that you can make self-care a part of your daily routine, how to implement strategies for decompression post-call, and resources available to you through MCFRS.

DECOMPRESSION

Decompression post-call is extremely important to bring your mind and body down from the heightened energy and anxiety that can come from a more emotionally draining call.

Scan or click on the QR code below to be taken to the **Decompression Quick Reference Guide, created by Dr. Kelsey Tanler and Dr. Lee** as a resource for you to have on your phone whenever you may need a moment to decompress.



SELF-CARE STRATEGIES

1. Find a physical activity that you enjoy and make it a part of your daily routine.
2. Finding hobbies or passions outside of the fire service that are your own.
3. Take that safety nap!
4. Practice breathing exercises to reduce anxiety and stress.

CLICK HERE FOR A SELF-CARE BREATHING EXERCISE!

RESOURCES

Have you checked out the "Mental Health" tab on Quicklinks? If you haven't, you can find it linked [HERE](#). The mental health team has a library of resources along with ways to contact the Peer Support/CISM teams or make an individual appointment with one of the mental health providers such as Dr. Lee, Lori Rieckelman, and Nicholas Young.

CLICK HERE FOR ADDITIONAL MENTAL HEALTH RESOURCES!

IMPORTANT ANNOUNCEMENTS!

BATTALION 4 INJURY PREVENTION STATION VISITS!
JUNE 3RD (A), 5TH (C), AND 10TH (B)

[Find the sign-up JotForm linked HERE!](#)

★ SHOUTOUTS! ★

Big shoutout to the 2nd battalion leading the way with 2 perfect scores on the Functional Movement Screen (FMS)

MCFR HEALTH & INJURY PREVENTION

Click [HERE](#) or scan the QR code to be linked to my calendar to make an appointment to treat and rehab your low back pain!

