

December Newsletter



**Holiday Season is in Full Swing
and we are Here for You!**



Join us live on **Thursday, December 9th at 1:00pm** via Zoom as we talk about Navigating Stress – Holiday Edition! Come and learn about different tools, techniques and tips to help manage stress throughout the holiday season.

<https://pathways.zoom.us/j/86173097747?pwd=QjBzODBGvkrZZGlsQ0Q1dFRxandldz09>
Know the Signs. Build your Toolset. Promote your Wellness.



Wellness & Resiliency Tip of the Month

3 Things that will make you happier than winning the lottery, according to Harvard professor Sanjiv Chopra.

PURPOSE, GIVING, & GRATITUDE

Here is a video exploration of the tenets of happiness, the importance of friends, the ability to forgive, being of service to others, and expressing gratitude.

Happiness is more than the sum total of happy moments. In order to have sustained happiness, one has to find and live one's singular purpose in life.

[Click here to view the video presentation](#)

How About a Fabulous Coastal Ride this month Hosted by The First Responders Cycling Club



Come and join the First Responder Cycling Club for a group ride to the iconic Torrey Pines climb to UCSD. After a bit on the Rose Canyon Bike Path we head up, up, and UP to the famous Mount Soledad National Veterans Memorial (Non-Members may ride one "test" ride). This all takes place on Saturday, December 4, 2021 from 9:00 AM 2:00 PM starting at Poinsettia Coaster Station 6511 Avenida, Encinas Carlsbad, CA, 92011([map](#)). See you there!

Holiday Season Stress Management

Is it December already? Well, it's that time again and the holiday season has arrived. This can be a stressful time for First Responders, and their families, and the pandemic hasn't made it any easier this year. Here are a few resources to help you, your crew, and your family manage stress and focus on resiliency and wellness throughout this holiday season and beyond.

[Holidays and First Responders: How to Deal with Increased Stress](#)
[Firefighters & Holiday Stress](#)

[A letter to the New Fire Wife this Holiday Season](#)
[The Mindful Firefighter](#)

Free Zumba Classes

Hello! I'm Jason and I live in San Diego, CA. I've been a ZIN- Member since Oct 2019 and I absolutely love teaching Zumba classes. The reason is simple:

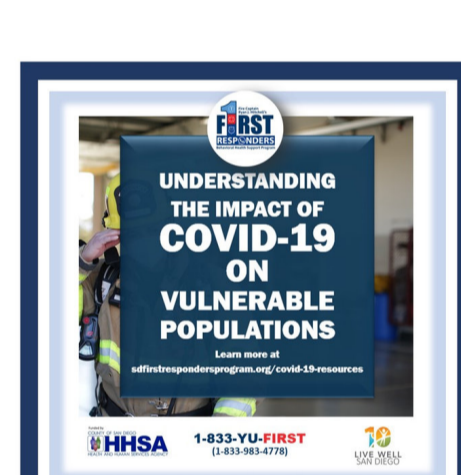
Every class feels like a party! I am currently licensed to teach Zumba. Come join me, I guarantee you will have a blast! Got questions, don't hesitate to drop me a message!

Adams Recreation Center
3491 Adams Ave
San Diego, CA 92116 (619) 235-1149

<https://www.zumba.com/en-US/profile/jason-marrujo1715908>



First Responders Video On-Demand



This month we feature our 3rd On-Demand video in the series, UNDERSTANDING THE IMPACT OF COVID-19 ON VULNERABLE POPULATIONS.

Listen to an active discussion on what populations are at most risk in your communities to experience a greater impact as a result of COVID-19. Learn about the increase of Mental Health and Substance Use Disorders and how this may impact interactions with these populations. Learn strategies and tips for understanding and interacting with these populations to promote positive outcomes when providing necessary and life sustaining services.

[Part 1](#); [Part 2](#)

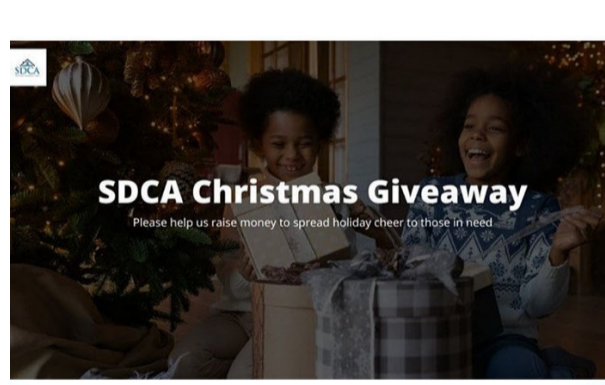
Christmas Turkey And Toy Giveaway

Help SDCA raise money to provide toys for underserved San Diego children, and turkeys for veterans and first responders.

This Christmas season, SDCA intends to give 500 toys on December 18, 2021 to kids and 500 turkeys to law enforcement.

Our event will take place on December 18th, from 1pm to 6pm at the Jacobs Center in San Diego. To Get involved, please visit our website

at <https://mysdca.org/xmas/>
Let's spread the cheer this holiday season!



What is EMDR?

EMDR stands for Eye Movement Desensitization & Reprocessing.

This is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. Repeated studies show that by using EMDR therapy people can experience the benefits of psychotherapy that once took years to make a difference. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma.

<https://www.emdr.com/>

Free Training within the First Responder Community



Resiliency is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health. Our staff provides free in-person and Zoom presentations to educate First Responders about stigma, resiliency and wellness; recognizing its impact, and providing tools on how to reduce stigma and promote wellness within the First Responder community.

Our team is working to promote prevention and support First Responders – creating custom presentations to meet the needs of one's department. Contact us today to request an in-person or Zoom presentation.

[Request More Information](#)