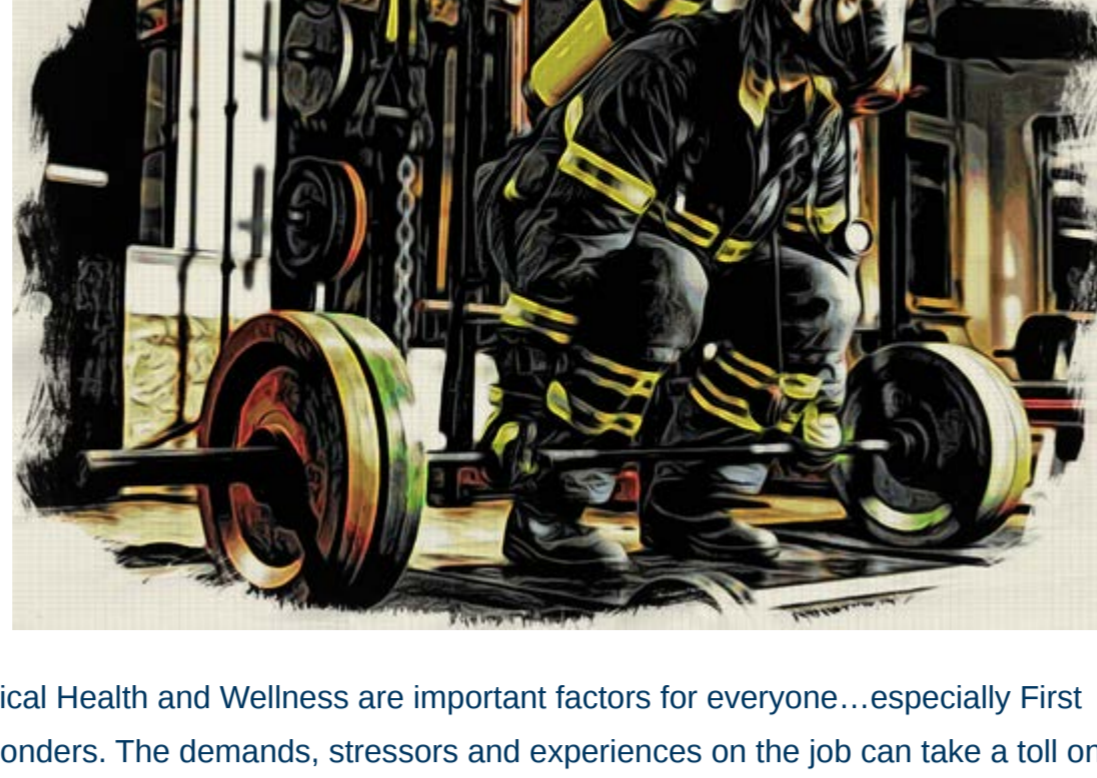




Let's Get Physical...Wellness!



Physical Health and Wellness are important factors for everyone...especially First Responders. The demands, stressors and experiences on the job can take a toll on your overall health, so physical wellness is a priority! "Physical wellness consists of recognizing the need for physical activity, healthy foods, and sleep, as well as preventing illness and injury or managing chronic health conditions." To achieve optimal physical health, find balance in exercise, sleep and nutrition; honoring your body and all of its cues. Physical health habits help manage stress, decrease risk of illness, increase energy levels and promotes personal and professional wellness and success. "Physical wellness includes developing body awareness towards attending to our own health. This includes self-awareness regarding the ability to learn to listen to your body while creating physical activity routines that are balanced with daily needs and responsibilities. Maintaining an optimal level of physical health allows you to nurture the other dimensions of wellness." Engaging in physical wellness and promoting your overall health can help: improve your performance at work, boost your immunity and strengthen your resiliency.

Ways to Promote and Honor Your Physical Wellness

- Exercise: Yoga, Running, Walking, Pilates
- Understand How and Why Your Body Works
- Develop Well Balanced Eating Habits
- Be Mindful of Alcohol, Drug & Caffeine Consumption
- Check-In with Your Primary Care Physician
- Engage in Healthy Sleep Techniques
- Cultivate Leisure Activities
- Make Informed Choices about Your Body
- Improve Flexibility, Strength & Cardiovascular Health

- <https://mde-inc.com/wellness-fitness-programs-are-crucial-for-first-responders/>
- <https://www.northwestern.edu/wellness/8-dimensions/physical-wellness.html>
- <https://www.jefferson.edu/life-at-jefferson/health-wellness/fitness/8-dimensions-wellness.html>
- <https://rm.edu/blog/the-8-dimensions-of-wellness/>

Shout Out to Our Awesome Lifeguards!



Last month San Diego beaches saw the largest surf swell in years. San Diego's Fox 5 news crew, and others in La Jolla watching the high tide and the elevated surf, saw a surfer in distress and called 911. Two lifeguards then showed up and jumped in the water from the rocks. Then, a third showed up on a jet ski to rescue the surfer. Lifeguard Chief James Gartland with San Diego Fire-Rescue says, "This is not a beginner's day. This is not for the novice, not even the avid surfer. You should be an expert surfer if you're going in the water under these conditions. You should be familiar with these types of conditions before." "It's tough to negotiate. This is the largest swell we've had in about five years."

[Read more here.](#)

Breathing Exercises For Everyday Life

Usually, when we talk about improving our health, we focus on eating healthy by tracking carbs and calories. Additionally, reducing and managing stress is also key to staying healthy. Chronic stress has been linked to heart disease, high blood pressure, diabetes, depression, and anxiety, according to the National Institute of Mental Health.

Managing that stress is easier said than done, but there is evidence to suggest that deep breathing can be an effective intervention to help improve many chronic health conditions. Let's take a look at some deep breathing exercises.



Want to learn more about breathing technics? [Click here.](#)

Navigating Burnout, Stress, & Building Resiliency



First Responder and First Responder families, please listen in as we discuss: "Navigating Burnout, Stress and Building Resiliency." We explore ways to identify, navigate and manage stress & burnout while building resiliency. If you'd like to see more wellness & resiliency videos, head on over to our [First Responders Resources Page](#).

Highlighting A Community Partner



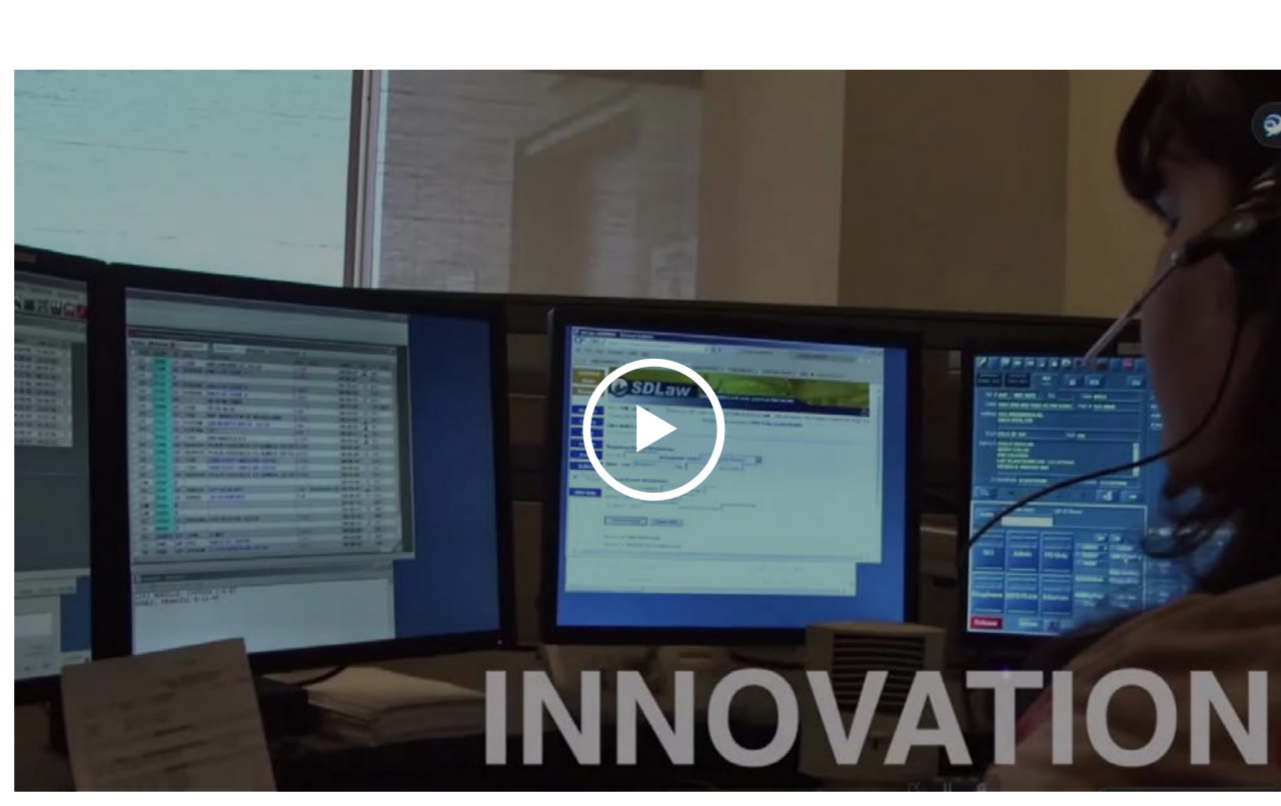
It's Up to US[®] is helping San Diegans talk openly about mental health, recognize signs of challenges, find local resources, and seek support. By raising awareness and highlighting local resources, they aim to inspire wellness, reduce stigma, and prevent suicide. It's Up to US[®] distributes a monthly bulletin in San Diego regarding the behavioral health of First Responders and their families. The latest edition shines a light on:

- Grieving After a Loss
- Coping After Disaster or Tragedy
- Checking In With Yourself: When to Get Support

[Click here to see more UP2SD bulletins](#)

Chula Vista Police Department is Hiring

Opportunities await you at Chula Vista Police Department. CVPD is seeking motivated individuals from all walks of life to join our family. Want to learn more? See their in-house informational events every month! Meet the staff and learn more about career opportunities at <https://www.chulavistaca.gov/departments/police-department/employment>



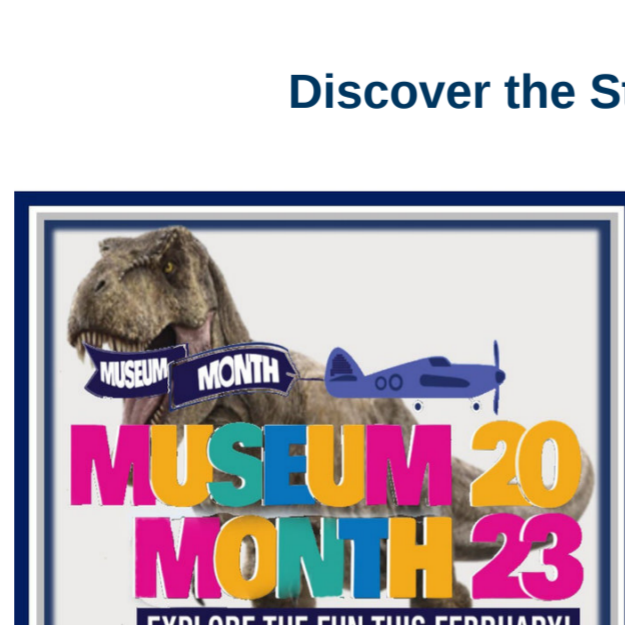
StachetoberFest First Responder Marriage Conference

Great job for choosing to improve your marriage/relationship. Your spouse is the greatest witness of who you truly are. With all the information they possess, they have the great potential to assist in your growth and revelation of truth... who you truly are. This conference will require an extreme level of honesty in your consumption of the information, highlighting your strengths and exposing your weaknesses. Future generations are grateful! The venue will be held on Sat., Feb. 4, 2023 (California Center for the Arts: 340 N Escondido Blvd. Escondido, CA 92025)

[Register here](#)



Discover the Story of San Diego



February is the perfect month to discover (or re-discover) the story of San Diego. This month the San Diego Museum Council is giving 50% off admission to more than 60 San Diego museums, historic sites, gardens, zoo, aquariums and more. Every day in February please come and explore the rich world of cultural experiences, including virtual activities, behind-the-scenes tours, and other special museum moments you can only find in San Diego. [Click here to see ticket info.](#)

Group Presentation: Reducing Stigma

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 county-funded in-person & Zoom presentations to educate First Responders about stigma, resiliency & wellness, recognize its impact, and provide tools 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 department needs. Contact us today to request an in-person or Zoom presentation.



[Request Information](#)

Would you like to see [More Newsletters](#)



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1-833-983-4778 SDFirstRespondersProgram.org