



# Interactive Training Experiences

## **Utilizing Nature to Recalibrate First Responders and Crisis Workers**

### Abstract

First responders and crisis workers have professions that result in high cortisol levels in their day-to-day lives. It is critical for EMTs, firefighters, nurses, paramedics, police officers, trauma therapists, and other crisis workers to recalibrate and re-set between critical incidents. Research measuring various forms of biofeedback has given us concrete evidence that mindful time in the forest or in the water helps people to re-set their parasympathetic nervous systems. This workshop will examine how stress physically effects the body and the importance of being vigilant to proactively protect against cumulative stress from traumatic incidents.

### Learning Objectives

At the conclusion of this workshop participants will be able to:

1. Identify 4-5 systems of the body that are negatively impacted by high cortisol levels.
2. List 3 health benefits to spending mindful time in forests or by the water.
3. List 2-3 ways to incorporate outdoor elements into their indoor spaces.
4. Re-connect with their own commitment to self-care and name 2-3 ways to spend more time outdoors.

**Workshop Length:** 60 minutes

(In-person or online option) In-person is recommended.

For online workshops, participants will be asked to keep their cameras on and participate via small group discussions and other interactive exercises.