



# COPING SKILLS FOR STRESS



from Back Care Basics, Mary Pullia Schatz

## Control what you can

Control all for 15 minutes, then drop it.

## assert yourself

Every day. Every Call.

## plenty of sleep

Ha Ha Ha!

## nutrition

REALLY. How can this work, in a vest?

## pace yourself

Tell that to dispatch. And the public!

## it is okay to say “no,,

Can call for backup, but can't say “no”.

## relaxation technique

Dont think - (Lol)!

## stretching

Yay, one you CAN control, even in uniform!

## ESSETRICS EXERCISES

### UPPER BACK MOBILITY - CIRCLES WITH FINGERTIPS ON SHOULDERS

Pull elbows together in front lift arms then, open elbows out pulling down in the back and open chest swan - upper body a little in front of hips.

Single Arm Quasimoto around back of head to open upper back & pecks.

### MID AND LOWER BACK MOBILITY -

Caribbean Spine Work:

Spinal Rotation- either with reaches or with windmills

Side to Side Flexion and extension - side lunges with reaches

### HIP MOBILITY:

Hip Cleaners

Hip flexor stretches because they also impact the low back and get very tight from all of the sitting.

Hamstring stretches, impact low back and IT band stretches - impact knees.

### CALF STRETCHES

Long and short calf muscles and achilles' heel - with heel lifts

### FEET:

Articulation of the foot through the ball of the foot and the toes

Lifting heels off then popping foot off - squeeze and orange with heel

Going down - help prevent or relieve plantar fasciitis.

Foot articulation and ankle rotations - helping to strengthen and give flexibility.

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*Breathing Matters LMT 2306*

**YOU  
GOT  
THIS**

# Stress & Blood Sugar Balance

## High Blood Sugar

### INCREASE IN:

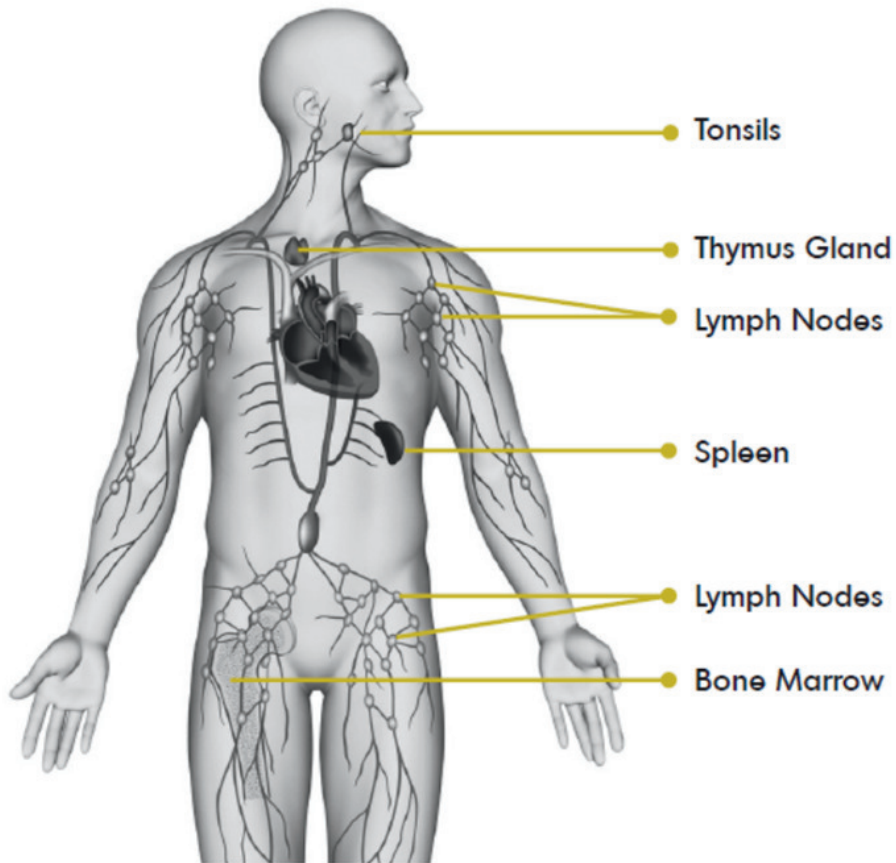
- Insulin
- Fat Storage
- Mood Swings
- Brain Fog

## Low Blood Sugar

### INCREASE IN:

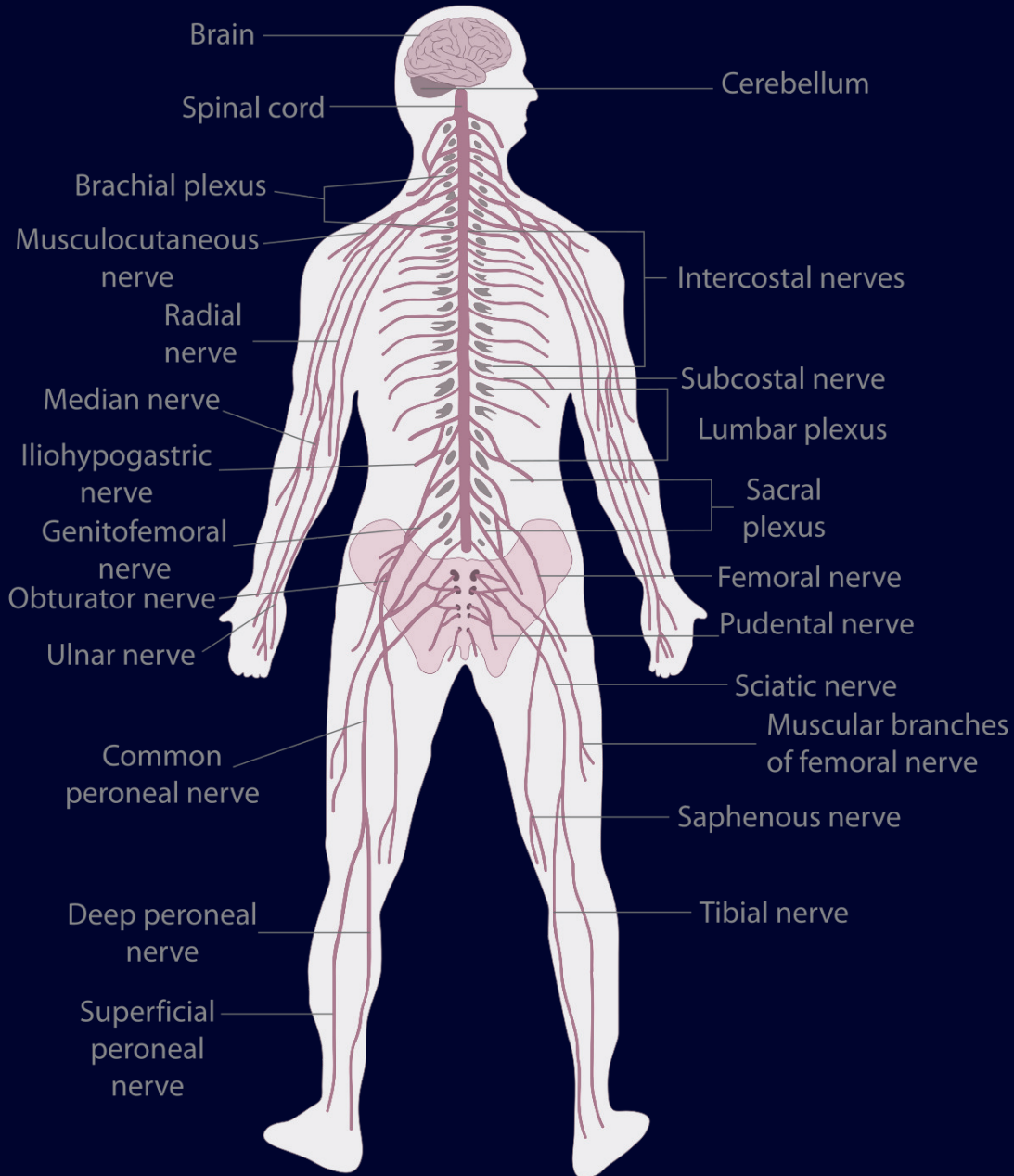
- Cortisol
- Cravings
- Fatigue
- Brain Fog

# Equipment Affects the Lymphatic System



LYMPHATIC SYSTEM

# Equipment Affects the Nervous System



# GOALS

Support for all uniformed public employees (military, police, border patrol, retired service members, etc) to have a formal, structured intervention program to:

- Raise awareness of the problem
- Teach breath work and exercises
- Provide an evaluation process that includes user friendly feedback and measures for success/improvement of program.

# STEPS TO FEELING BETTER

Must get **MUSCLE MEMORY** back

- So much that you do deals with muscle memory and when over-used or improperly used:
  - Muscles become tight
  - Memory and thinking become distorted
  - Brain hits sensory overload
  - The longer it is left unattended, the worse it gets.

# RESTORING MUSCLE MEMORY

- Get blood circulation going again
- Mindfulness (Remember to BREATHE)
- Deep breathing exercises with awareness.
- Simple exercises
- Stretching routines
- Plenty of H2O

## TOOLS

- Tennis Balls
- Rolling Pin
- Pillow Case
- Neck Pillow
- Handheld Massager
- Foam Roller

## ACTIVE TOOLS

- Wii Fit
- Yoga
- Any kind of body work

# OFFICER IMPLEMENTATION

- OFFICER #1
  - Now utilizing daily stretching, breathing techniques, back roller to diminish pain.
- OFFICER #2
  - Implementing breathing techniques during work to diminish pain & running after work.
- OFFICER #3
  - Utilizing tools: tennis balls, travel pillow, breathing techniques to diminish pain.
- OFFICER #4
  - Implementing stretching techniques, running.
- OFFICER #5
  - Has an office job, wears vest much less now. Put soft football behind back to allow more oxygen in muscles, stay awake longer, and to fix posture.

\*\* All officers stated that BREATHING had a **major impact** and **enhanced** all other tools and techniques.