

Well Now



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A Hall Ambulance Periodical Dedicated to Your Wellness, Well-Being, and the HAS Employee Experience

National Emergency Medical Services Week

The History of EMS Week

In 1974, President Gerald Ford authorized EMS Week to celebrate EMS professionals and the important work they do in our nation's communities. National Emergency Medical Services Week brings together local communities and medical personnel to honor the dedication of those who provide the day-to-day lifesaving services of medicine's frontline.

EMS Week Theme Days

Special theme days during EMS Week brings focused awareness to special topics within EMS.

Have fun celebrating each day!

- **Sunday 05/18- Health, Wellness, and Resilience Day:** Health, Wellness, and Resilience Day highlights the need to recognize and care for the health and wellness of EMS professionals and patients and share ideas on strengthening resilience. It is an opportunity to step back and take care of ourselves through self-care and care for our fellow EMS professionals and the patients in our care every day.
- **Monday 05/19- Education Day:** Education Day seeks to highlight community educational programs and the importance of continuing education for EMS professionals.
- **Tuesday 05/20- EMS Safety Day:** Safety Day encourages first responders to focus on risk and prevention rather than possible negative outcomes and aims to advance safety measures for both the community and the profession. Safety Day also highlights stress reduction,

self-care, and mental health awareness programs along with situational awareness, driving and roadway safety, vehicle and device maintenance, proper lifting techniques, and violence awareness.

- **Wednesday 05/21- EMS for Children Day:** EMS for Children Day highlights the distinctive physiological and

psychological aspects of caring for children.

- **Thursday 05/22- Save-A-Life Day:** Save-A-Life Day empowers the public to learn and

apply steps that can be taken to help save a life like CPR or taking a Stop the Bleed class.

- **Friday 05/23- EMS Recognition Day:** On EMS Recognition Day, we honor members of the EMS community who regularly go beyond what's expected. It's a day to give gratitude to first responders for their unwavering commitment to serving their communities.
- **Saturday 05/24- EMS Remembrance Day:** EMS Remembrance Day is set aside to honor emergency medical services personnel who have died in the line-of-duty and to recognize the ultimate sacrifice they made for their communities. They leave us with the proud memory of their commitment and dedication to EMS.

(Adapted from: <https://emsweek.org/about-ems-week/>)



Stress Busters

Mental Health Month

Just because you have a high-stress job doesn't mean you have to suffer mental health repercussions. The key is learning strategies and techniques to manage the stress you deal with as a first responder. Try one of these unique stressbusters to slow down and refocus when you feel the effects of stress negatively influencing your life.

Blow up a balloon. It forces you to breathe slower, deeper and reduces your heart rate and relaxes muscles.

Laugh. Releases endorphins every time you laugh, even if you're initially faking it.

Take a break from the news. Turn off the TV, laptop, and phone. Take a temporary vacation from world events to clear your head, reduce worries, and put life in perspective.

Learn to play again. Jump on a trampoline. Go rollerblading. Climb a tree. Blow bubbles. Play hopscotch. Spend 10 minutes hula-hooping. Do something you genuinely enjoy!!!

Create a Happy File. The world is an absurd and humorous place—but we tend to forget that during stressful times. Create your own personal Happy File by compiling joy-inducing cartoons, songs, letters, pictures, videos. Whenever you need a pick-me-up, open it!

(Adapted from: <https://health.usnews.com/health-news/articles/2012/10/29/forget-yoga-try-one-of-these-quirky-ways-to-de-stress>)

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Do Something Different

Do something new and different EACH WEEK during the month of May! Here are your ten options – choose four (one a week)!

1. Only shop at small, locally owned stores for one week.
2. Go for a bike ride.
3. Hold a mini movie festival at your house – invite friends to bring a movie they love!
4. Attend a local cultural event.
5. Write down five things you appreciate each night for a week.
6. See a local band play.
7. Rearrange your living room, bedroom, or office.
8. Switch from coffee to tea for a week.
9. Play a board game!
10. Spend a day taking pictures of everything you see that you find beautiful or intriguing.

Nurturing Your Spirit During Mental Health Month

The meaning of spirituality varies from person to person. Spirituality isn't about religion or meditation – it's what helps individuals feel a sense of meaning and connection to us, the world around us, and, to some, a higher power. Research indicates that higher levels of spirituality/religiousness are associated with lower depression symptoms, substance use, and suicidality and higher levels of peace, understanding, community, and sense of purpose.

Exploring Spirituality

Spirituality can be experienced in many different ways. Some common ways people feel spiritual connections include:

- Religious practices: prayer, worship, ceremonies, rituals, fasting, Holy Days
- Mindfulness and meditation: breathwork, body scans, mindful movement, sound baths
- Connection to nature: forest bathing, gardening, hiking/walking, nature meditation
- Creative expression: journaling, writing, art, music, movement
- Awe and wonder: feeling respect toward nature; taking in the vastness of the night sky; admiring the change of seasons; taking in the beauty of mountains, canyons, or oceans; witnessing acts of compassion; finding clarity of purpose; practicing sacred rituals or ceremonies

Tips for Nurturing Your Spirit

Begin with small, achievable practices. It could be as simple as:

- Five minutes of prayer.

- Completing a guided meditation that you found online.
- Before bed, writing down three things about your day for which you are grateful.

Try out different spiritual practices to see what resonates most with you.

- Attend a local meditation or yoga class.
- Go on a nature walk and be mindful of all your senses as you take in your surroundings.

- Try painting or drawing – no artistic skills required!

Set aside dedicated time in your daily routine to focus on your spiritual well-

being. Try setting a reminder on

your phone or pairing it with an existing part of your day. For example:

- Meditate for five minutes right after your morning coffee.
- Say a prayer or set an intention while you're in the shower.
- Reflect on your day while brushing your teeth before bed.

Connecting with like-minded individuals can supercharge your spiritual growth. Some things to try include:

- Joining a local faith group, place of worship, or spiritual circle.
- Participating in online forums or social media groups focused on spirituality.
- Attending workshops or retreats that align with your interests.

Remember, there's no "right" way to be spiritual. It's all about what brings you peace, joy, and a sense of connection.

(Adapted from: <https://mhanational.org/resources/nurturing-spirit/>)



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MAY AWARENESS

Critical Care Recognition Month

Military Appreciation Month

4: International Firefighters Day (THIN RED LINE)

4-10: Public Service Recognition Week

4-10: National Correctional Officer Week (THIN SILVER LINE)

5: National Fallen Firefighter Memorial Day

6: National Nurses Day (APRICOT)

6-12: National Nurses Week (APRICOT)

11-17: National Police Week (THIN BLUE LINE)

12: International Nurses Day (APRICOT)

15: Peace Officer Memorial Day

16: Wear Purple for Peace Day (PURPLE)

18: National EMT and Paramedic Appreciation Day

18-24: National Emergency Medical Services Week (THIN WHITE LINE)

MAY COMMUNITY EVENTS

3: Kern Community Foundation Give Big Kern at The Park @ The Park at Riverwalk

4: Cinco de Mile Half Marathon @ 4200 Empire Drive

5: Cults & Classics – "Fight Club" @ Fox Theatre

6: Kern Community Foundation Give Big Kern Day! @ givebigkern.org

11: Mother's Day Run @ The Park at Riverwalk

15: 1000 Flags Fun Run @ The Park at Riverwalk – West Pond

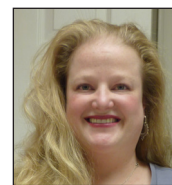
31: Hot Fudge Sundae Run @ The Park at Riverwalk

31: The Bakersfield Sound Music Brew Fest @ Dignity Arena

The HR Spot

Have you checked out TraumaSoft yet? Take a moment to explore and become familiar with the program – it's key for efficient incident reporting, time off request, scheduling and much more.

Your well-being matters! Explore our updated mental health resources options designed to support you.



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988 SUICIDE & CRISIS LIFELINE



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