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

Building and Maintaining Healthy Self-Esteem

Low self-esteem can impact your relationships, career, and overall wellbeing. However, using key therapeutic techniques, you can boost your self-esteem and self-perceptions.

Identify Triggers and Beliefs

Recognize situations that deflate your confidence, such as workplace crises or relationship challenges. Once identified, notice your self-talk habits. Are your beliefs based on true, logical, rational facts? Is your self-talk built on irrational, negative ideas? Are these ideas, positive or negative, thoughts you yourself developed...or did someone "teach" them to you?

Challenge Negative Thinking Patterns

Long-held beliefs often feel like facts, even when they are just opinions. Watch for these common thought traps:

- All-or-nothing thinking: All good or all bad – there is no between. You are either perfect, or a failure.
- Mental filtering: Dwelling on negatives or mistakes while ignoring successes and growth.
- Jumping to conclusions: Taking on blame and assuming others are angry without evidence.
- Mistaking feelings for facts: Believing that because you feel like a failure, you are one.

Reframing and Adjusting

Replace negative thoughts with accurate, hopeful statements.

- Forgive yourself: View mistakes as moments in time, not permanent reflections of your character.
- Accept yourself: You are human! You are going to make mistakes and poor decisions at times.
- Re-frame: Choose to use upsetting thoughts as signals to try new, healthy coping patterns.

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- Remind yourself: You have successfully overcome every negative thing, thought, or action in your life thus far. What helped you during the toughest times? Can that help you again?

Step Back and Accept

Instead of fighting every negative thought, try distancing yourself from them. Observe a negative thought from a distance – where did it come from? Who said it first? Accept that these feelings can merely exist; reacting to them is a choice.

Core Self-Care Habits

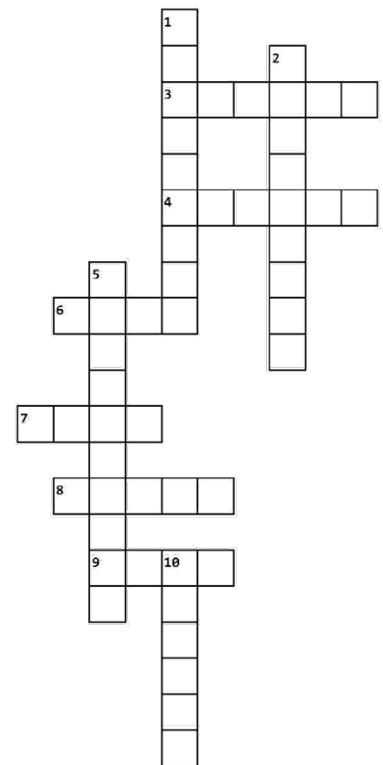
Building self-esteem also requires physical and social investment:

- Physical Health: Aim for 30 minutes of exercise daily and a balanced diet.
- Joyful Activity: Do at least one thing you enjoy every day.
- Social Boundaries: Spend time with people who treat you well and distance yourself from those who don't.

With practice, these steps transition from feeling awkward to becoming natural habits. Building your confidence, self-esteem, and personal value is based on recognizing and adjusting internal negative narratives. Be well!

(Adapted from: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374>)

Mental Break Game Time



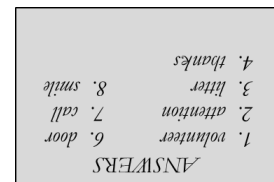
Crossword Puzzle

ACROSS

- Clean this up
- Offer ____
- Hold the ____
- Family, friends...
- Give with "Hello!"
- Leave a positive ____

DOWN

- ____ locally
- Give 100%
- Give this freely
- Bring ____ to work



EMS Relationship Wellness

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In EMS, we prioritize the safety of our physical health, but we often overlook the shields needed to protect our personal lives. For EMTs and paramedics in the field, relationship wellness isn't a luxury - it's a critical component of career longevity. The emotional toll of witnessing trauma can create an invisible burden that seeps into the home. To prevent burnout and emotional withdrawal, responders must prioritize their support systems. A healthy relationship provides a safe space to decompress, promotes resilience, and prevents stress from turning into conflict. In recognition of Relationship Wellness Month, consider the following:

Set Goals and Expectations Together - The unpredictability of schedules requires a foundation of stability. Be flexible, but dependable. Date nights may have to shift, but the commitment to quality time should remain non-negotiable. Align long-term wants and needs with open communications to ensure your paths haven't diverged.

Communicate Intentionally - Avoid the temptation to shut down or shield loved ones from your feelings. Practice active listening by paying close attention to tone and non-verbal cues, not just words. Make daily check-ins a habit to learn how your partner is doing and share your own state of mind.

Invest in Therapy - Counseling is a powerful tool for navigating the unique

stressors of the job. Find a specialist therapist who understands the EMS/first responder culture. Honesty is the only way therapy works, so practice vulnerability. If being open is difficult, tell your therapist so they can help you build that skill.

Set Clear Boundaries - Create a framework that separates the workplace from the home. Limit work talk to specific, designated "share" times. Holding space for this will allow you to decompress about calls but not become overwhelming. Prioritize your own self-care activities and routines.

Prioritize Presence - Schedule quality, dedicated time by integrating it into your daily, weekly, or monthly calendar. Whether it's a vacation or a Tuesday night pizza, write it in - and be purposely present during the activity.

Embrace Flexibility - Plans will change. Holidays will be missed. An adaptable mindset ensures that when the job interferes with life, the relationship remains a source of comfort rather than conflict. By prioritizing your inner circle, you ensure that you never have to carry the weight of the job alone.

(Adapted from: <https://www.ems1.com/off-duty/6-ways-to-protect-your-relationships-as-a-first-responder>)

FEBRUARY AWARENESS

American Heart Month (RED)
International Self-Esteem Month
Relationship Wellness Month
1-7: National Patient Recognition Week
6: Wear Red Day - Heart Health Awareness
15-20: Random Acts of Kindness Week
17: Random Acts of Kindness Day

FEBRUARY COMMUNITY EVENTS

3: Bakersfield Prayer Breakfast @ Dignity Arena
7: BKO Fishing Derby @ Riverwalk Park
7: Swan Lake Ballet @ Fox Theatre
9: Cults & Classics - "Breakfast at Tiffany's" @ Fox Theatre
14: The Dinner Detective Murder Mystery Dinner @ Hodel's
21: Down for Love Charity Car Show @ Stramler Park

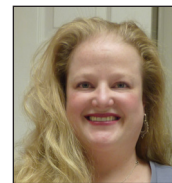
FEBRUARY FARMER'S MARKETS

1, 8, 15, 22 (Sun): Haggin Oaks Hen's Roost Farmer's Market @ 8800 Ming Ave

7, 14, 21, 28 (Sat): From the Farmhouse Farmer's Market @ 3201 'F' St.; Downtown Hen's Roost Farmer's Market @ 1916 'G' St.; Riverlakes Farmer's Market @ 8601 Hageman Road

The HR Spot

Let's extend a warm welcome to the Hall EMT Academy, Class 52! We're excited to support this new class as they begin their EMS journey.



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