



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

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First Responder Wellness Week March 23 - 27: "Readiness Starts with Wellness"

Adobe Stock



When responders are supported physically, mentally, emotionally, and socially, they're better prepared for the demands of the job. First Responder Wellness Week 2026 explores how total wellness builds true readiness on every shift, in every unit, and across entire agencies.

DAY 1: Movement Matters

To prepare for the physical demands of frontline response, these five exercises build strength, mobility, and resilience while preventing injury:

1. Foam-rolling: Uses body weight to target trigger points, alleviating tension and improving flexibility.
2. Active Mobility: Maintains a range of motion in the hips, shoulders, and spine for efficient movement during critical calls.
3. Deadlifts: Build total-body strength and essential grip power for handling heavy tools and equipment.

4. Functional Dumbbell Exercises: Replicate real-life emergency tasks to improve coordination, balance, and functional strength.

5. HIIT: Alternates intense bursts with rest to boost cardiovascular fitness and speed up recovery.

Together, these movements ensure responders remain durable and effective. By mimicking job-related tasks, this routine bridges the gap between the gym and the field.

DAY 2: Routines That Restore

First responders face constant adversity, making resilience—the ability to act effectively and rebuild after stress—essential. To strengthen well-being, the "5 for 50 Challenge" involves committing to five daily habits for 50 days to improve performance on and off duty.

Core Habits:

- Hydration & Nutrition: Drink water

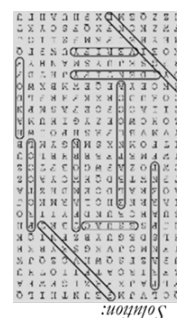
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Mental Break Game Time

Q C L V J M P E U N T H I L Q
 F L T A J X F R Z L G E W F A
 Z F R I R O A T E I I O T H U
 U P A Z F S Q W H V Q Z Q J W
 I F N M O J V K G S E Y R K H
 H L S D E G U Y B Z F N I Q K
 H J P S E S U A C T B R T P H
 S U A H C B U N D E Y I I R O
 I A R R N E H Q L A R M K O J
 A Q E R A L D Q E M D H Z T A
 T P N W T B D Q H W C Y A O Z
 C W T O Z A P W G O B F T C Z
 I W F M E T F B B R H B L O U
 I T F O M N X S M K G Y M L B
 Y V M V B U F R S H P O J W H
 Z O H C W O E Z Y G I H U M A
 E I I A G C P Q E F A S M P N
 C O R U D C R X K F H R P L D
 H K O E Y A E Q E W M B X W O
 D Y I D E N T I F Y J H T D F
 R P G S E J U Y S M A N H Y F
 K O E I V E R I F Y U W P F Q
 M E Y B E I F K M P S L I G J
 F W Z K C N F X Q F S C Y K T
 H Z Z Q E M E X P H U A H F U

Word Search

- | | |
|-------------|-------------|
| ACCOUNTABLE | TEAMWORK |
| PREVENT | HYGIENE |
| CAUSE | TRANSPARENT |
| PROTOCOL | IDENTIFY |
| HANDOFF | VERIFY |



First Responder Wellness Week

March 23 - 27: "Readiness Starts with Wellness"

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and limit sugar to boost cognition and reduce inflammation.

- Exercise: Use consistent movement to manage stress.
- Sleep: Prioritize rest by powering down electronics.
- Gratitude: Record daily thanks to improve your mindset.

Growth Opportunities:

- Read 10–25 pages of a physical book.
- Disconnect from phones for one hour.
- Connect with loved ones or learn something new.

Small, disciplined actions create a sense of accomplishment, building lasting resilience and positive behaviors for the long term.

DAY 3: Leading the Wellness Culture

Public safety leaders have a profound responsibility to support their personnel's mental health, but true advocacy requires personal experience. Don't just recommend wellness resources like peer support, chaplains, or telemental health—evaluate them yourself.

Even if you are functioning, career-long trauma often accumulates quietly. By personally using these tools, you can evaluate their accessibility and effectiveness while resolving your own stressors. Whether attending an annual check-in or consulting a culturally competent clinician, your "test drive" provides the informed honesty needed to dismantle the long-held, detrimental 'tough-it-out' stigma.

Leading by example transforms you from a casual advocate into a true believer. When you openly prioritize your well-being, you normalize help-seeking behavior, improve retention, and build a more resilient workforce for the long term.

DAY 4: Systems That Support Wellness

Effective public safety leadership requires extreme ownership of agency wellness culture. Prioritizing responder well-being ensures operational readiness, enabling personnel to better serve their communities and families. To "smash the stigma," leaders must lead from the front by actively utilizing wellness resources themselves.

Foundations of a Resilient Culture

- Confidentiality: Providing help without fear of professional repercussion.
- Peer Support and Mentorship: Leveraging shared experiences to build support-

ive relationships.

- Family Integration: Extending resources to loved ones to bolster home-life stability.
- Specialized Care: Ensuring access to culturally competent therapists and immediate crisis support.
- Policy and Empowerment: Implementing clear guardrails and self-help tools.

By fostering an environment where wellness is foundational, leaders empower their teams to thrive through the unique challenges of the job.

DAY 5: Building Healthy Connections

First responders face immense physical and emotional demands, often witnessing humanity at its most vulnerable. Having a dedicated support system isn't just helpful; it's essential. Here's why:

- Emotional support: A loving partner provides a safe space to decompress and feel understood.
- Stress relief: Healthy relationships help lower stress levels and promote resilience.
- Burnout prevention: Supportive connections reduce the risk of emotional exhaustion and unhealthy coping mechanisms.
- Improved communication: Open, honest conversations prevent stress from turning into detachment or conflict.

However, the emotional toll of serving as a first responder doesn't just affect the member; it can also impact their loved ones. The weight of traumatic calls, high-pressure decisions and witnessing human suffering can create an invisible burden that, if left unchecked, seeps into personal relationships. Responders must learn to:

- Balance the stress of work without letting it negatively affect loved ones
- Avoid emotional withdrawal or unintentional strain on relationships
- Find healthy ways to express emotions and process trauma

Prioritizing strong, open relationships can make all the difference in a first responder's well-being. Take the time to communicate, seek support, and nurture the connections that keep you grounded — because no one should carry the weight of the job alone.

(Adapted from: <https://www.firstresponderwellnessweek.com/>)

MARCH AWARENESS

National Nutrition Month

- 6: National Employee Appreciation Day
- 8: Daylight Savings Times Starts
- 8-14: Patient Safety Awareness Week
- 8-14: National Sleep Awareness Week (BLACK)
- 13: National K9 Veterans Day (YELLOW)
- 15-21: National Poison Prevention Week
- 24-27: First Responder Wellness Week

MARCH COMMUNITY EVENTS

- 1: Burrito Fun Run @ Yokuts Park
- 7: KC Sheriff Employee's Benefit Assn Honor Run 1/5/10K @ Hart Park
- 7: Mira Monte Lion Legacy Run @ Lake Ming
- 7: 32nd Annual Model Railroad Show @ KC Fairgrounds
- 7: Guns & Hoses Hockey Game @ Dignity Arena
- 8: Women's Half-Marathon/5K Fun Run @ Yokuts Park
- 9: Cults & Classics – "Gentlemen Prefer Blondes" @ Fox Theatre
- 15: St. Patrick's Day 5K @ Riverwalk Park
- 15: Easter Fun Run 5K @ Yokuts Park
- 21-22: Bakersfield Marathon @ KC Museum
- 22: Bakersfield Donut Run 5K @ Riverwalk Park
- 23: Cults & Classics – "Boomerang" @ Fox Theatre

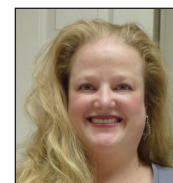
MARCH FARMER'S MARKETS

- 1, 8, 15, 22, 29 (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

This month, we're celebrating the following team members for their service milestones:

- Sarah Blount - 1 Year
- Sebastian Gutierrez - 1 Year
- Jesus Juarez - 1 Year
- Christopher Menendez - 1 Year
- Ramses Rogers - 1 Year
- Derek May - 20 Years



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WellNow is published monthly for Hall Ambulance employees and their families.