



# CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

## SUPPORTING YOURSELF: SELF CARE STRATEGIES & EMOTIONAL SUPPORT ANIMALS

FEBRUARY 2025



### SUPPORTING YOURSELF WITH SELF-CARE: THE ROLE OF A CRITICAL INCIDENT RESPONSE K9

By: *Janeen Baggette*

First responders face immense physical and emotional challenges, and Critical Incident Response K9s are helping them cope in powerful ways. These specially trained dogs offer stress detection, emotional support, and a calming presence, playing a vital role in mental wellness on the front lines.

[Read More](#) >>



### PSYCHOLOGICAL BODY ARMOR™

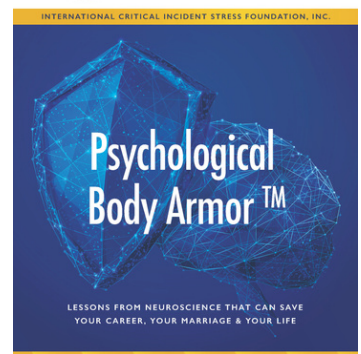
By: *George S. Everly, Jr., PhD, ABPP, CCISM*

Resilience helps us bounce back from adversity, but what if we could "immunize" ourselves against stress? First responders, healthcare workers, and others face physical and psychological dangers daily. While they wear body armor for physical protection, shouldn't they also learn to use Psychological Body Armor™ to safeguard their mental well-being? This book explores how to do just that, based on the latest science.

[Order Your Copy Now](#) >>



FIELD GUIDE SERIES



George S. Everly, Jr., PhD, ABPP, CCISM



## Welcome To Our February Blog,

As we move into February, it's crucial to pause and focus on your well-being. As first responders, you're constantly giving your all to others, but your own mental and emotional health is just as important. This month, we're exploring self-care strategies that help you stay strong in the face of critical incidents, as well as the powerful role emotional support animals can play in your recovery and resilience. Let's make February a month dedicated to strengthening the foundation you need to continue supporting others.



## ICISF Training & Resources

### Training

**February 25 – 26, 2025:**

**Advanced Assisting Individuals in Crisis**

**March 3, 2025:**

**Human Spirit and Faith Tactics in CISM**

**March 14, 2025:**

**Critical Incident Stress Management (CISM) in the College and University Setting**

**March 18 – 20, 2025:**

**Assisting Individuals in Crisis & Group Crisis Intervention**

**March 24, 2025:**

**Suicide Awareness: An Introduction for Crisis Responders**

**March 31, 2025:**

**Crisis Response: A Guide for School Administrators**

**April 7 – 8, 2025:**

**Strategic Response to Crisis**

**April 25, 2025:**

**De-escalation Skills for the Front Line:**

**A Practical Approach**

“You are not your job, you are not your trauma, you are not your struggles—you are a human being.” – Unknown

## Resources

- [Resource: An “Instant” Relaxation Exercise](#)
- [Podcast: Champions of Adversity: What They Do That Most People Don’t](#)
- [Video: First Responder’s: Finding Music Within the Noise](#)
- [Podcast: Psychological Preparation For The Next Critical Incident: Quick Tips](#)
- [Video: RISE \(Resilience In Stressful Events\)](#)

## Crisis Journal Articles of The Month

[The Importance of CISM Responder Self-Care: Don’t Neglect Engaging in Meaningful Activities](#)

[CISM & Canines: The Bond That Helps Heal First Responders](#)



## Social Media Articles

[Detroit Firefighter Credits Dog for Saving His Life During Mental Health Crisis](#)

[5 Minutes of Daily Digital Mindfulness Reduces Stress](#)

[How Annual Mental Health Wellness Visits Improve Officer Wellbeing and Resilience](#)



## Strategic Partner Content

- 1st Responder Conferences: [Upcoming 2025 Conferences](#)
  - [The Mental Health Benefits of Exercise](#)
- Lighthouse Health & Wellness: [Supporting First Responders in their Work-Life Balance](#)
- First H.E.L.P.: [EP: 52 Hey You Listen to Yourself](#)
- PTSD 911: [EP: 65 - Self-Care Strategies with Dr. Kimberly Miller](#)
- The Counseling Team International: [The Benefits of Mindfulness](#)
- C.O.P.S: [Survivor LODD Guide](#) and [Traumas of Law Enforcement Trainings](#)

“It's not the load that breaks you down, it's the way you carry it.”  
– Lou Holtz

**FOLLOW US ON SOCIAL MEDIA & LISTEN TO THE ICISF PODCAST SERIES**

