**When Heros need help Healing**

**Statistics**

* + Highest risk for SUICIDE in First Responders:
    - 23% of US male officers
    - [**Surgeon General’s “Call to Action to Implement the National Strategy for Suicide Prevention**](https://health.gov/healthypeople/tools-action/browse-evidence-based-resources/surgeon-generals-call-action-implement-national-strategy-suicide-prevention)**”** highlighted suicides as a significant public health problem.
  + In 2020, there were 47,500 suicide fatalities in the U.S. and an estimated 1.4 million suicide attempts.
  + Officers with burnout showed significantly greater suicide risk, with a 117 percent greater likelihood of suicidal thoughts for officers who reported burnout at work

**Trauma & PTSD**

* What is a Trauma: Anything Deeply Distressing that you can’t stop thinking about
  + - 84% of our first responders have experienced a Trauma. General population 8%
* PTSD in General Population is 8% as compared to:
  + 32% in women first responders at some point in their career
  + 25% in men first responders
* 50 % of firefighter deaths are due to untreated mental health diagnoses (PTSD, SUD, Suicide)

**Symptoms: PTSD**

* Exposure to direct traumatic events put you at a much higher risk for PTSD
* Triggered, empty, numb, flashbacks, can’t feel positive emotions
* Feel checked out, misunderstood, alone in a crowd
* Dissociations

**Symptoms of Atypical Depression (first responders have a high rate of atypical depression)**

* Irritability
* Loss of Energy
* Anger
* Substance abuse
* Marital issues
* Physical Health concerns, Heart issues, Fatique, Cravings for sugar and/or carbs

**Blue Zone Living**

* Areas where people live over 100 and are healthy and cognitively alert (GREECE, JAPAN, Costa Rica)
* Loma Linda, California This community has the highest concentration of Seventh-day Adventists in the United States, and some residents live 10 more healthy years than the average American by following a biblical diet of grains, fruits, nuts, and vegetables.
* Studies who these are the thing these groups have in common:

1. Making movement a natural part of your day
2. Knowing your sense of purpose
3. Prioritizing stress relief
4. Eating until you're about 80% full
5. Eating a largely plant-based diet
6. Drinking alcohol in moderation
7. Connecting with your community
8. Putting family (whether biological or chosen) first
9. Choosing social circles that support healthy behaviors