

Wellness 360 Bulletin

Brothers and Sisters,

With the current state of events, this is a good time to check in with yourself and each other. These unique times can certainly bring on feelings of stress, hopelessness and anxiety to name just a few. We are reminded often but can never hear it enough that cumulative stress can do irreparable damage to our mental and our physical health. It is important to take proactive measures to prevent this.

Meditation, exercise, proper sleep and nutrition are all proactive measures that we have spent time talking about recently but, one of the most effective proactive measures is harboring a grateful mind. **Gratitude** is the magic ingredient! If this isn't something you currently practice or if you are skeptical about the benefits check out some of the below links. You can start small by introducing a daily routine when you wake up or before you go to sleep. Ask yourself, "What are three things that I am grateful for today?" You'll be surprised how something so simple can transform your perspective and provide your mind with the armor it needs during more stressful or traumatic events. Consider these as reps for your mind muscles. Science tells us that we can strengthen our minds the same way we can strengthen our bodies. This requires frequent repetition. It may not seem important now but it will prove invaluable when faced with crisis or traumatic events either at work or in your personal life.

Over the next couple of months, Sgt. Dan Burdett and Sgt. Erin Gorman will be disseminating information on the state-wide resiliency program that was recently developed for all NJ law enforcement officers. The NJ Resiliency Program is designed to teach officers skills to assist in handling both everyday life stressors as well as on-the-job stressors. The goal is to learn to handle stressors more effectively so we are better equipped to handle acute and cumulative trauma, and to be able to bounce back from adversity. It promotes concepts of balanced thinking and cultivating positive emotion. The program focuses on building resilience in four key areas: Mental, Physical, Social, and Spiritual.

We believe this program to be transformative and are excited to be a part of it. Ultimately, every single officer in the state will be trained on the NJ

Resiliency Program and will also be provided with a list of trained peers from across the state who can be reached by phone and help their brothers and sisters with identifying and reaching mental health resources any day at any time.

Resiliency Roll Call

With everything going on in the world, there is a lot of negativity and hatred being pushed towards our direction and we can quickly fall into cognitive traps. Balance your thoughts. How do we balance our thoughts? Examine the evidence (support or disprove), check for a double standard (under identical circumstances, would I judge others the same) and communication with friends and loved ones (does someone else agree?)

Use your experience, training, accomplishments to thwart the unbalanced thoughts and decide if the thought is relevant to the task at hand, thinking of the W.I.N. principle, "What's Important Now". Remember your actions online and in person reflect through an optic that others will use to exploit to paint negativity. Remind your loved ones and friends to evaluate the sources of information and if they find themselves overwhelmed with the rhetoric, advise them to shut it down and take a break from what is being posted or portrayed on the media outlets. The time now is to come together more than ever and support each other.

Check out this video - The Good Wolf - https://youtu.be/_cdpyF5nLk

REMEMBER YOUR WHY and decide every day to feed the good wolf.

Building resilience through meditation

Relaxation and mindfulness skills are a big part of mental health wellness and resilience. Below you will find a couple links to articles that Lori Posner sent on the benefits of meditation in stress management, and one from the CDC recommending meditation to build resilience for first responders during the pandemic.

<https://www.policeone.com/health-fitness/articles/why-meditation-should-be-part-of-every-cops-mental-fitness-plan-qShY9boUN9SySQs6/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-healthcare.html>

Lori and Jon Posner of the Center for Mindful Health & Acupuncture located here in town are still very generously offering FREE on line live meditations. The schedule has changed since our last Wellness bulletin. These meditations are specifically designed to help people return to a place of calm and balance while increasing their ability to be resilient in this chronically stressful time period. If you are home include your spouse! Learning to meditate and taking just a few minutes a day is essential, for stress reduction and maintaining inner balance in highly stressful situations.

Mondays and Wednesdays at 8:30 AM

Monday Wednesday and Friday at 12:00PM

Tuesday and Thursday at 6:00 PM

Monday and Wednesday at 9:00 PM

Simply go to the below website, link below, click on the mediation for first responders pictured, choose a class and follow the instructions. Each class has a 15 minute meditation and time for instruction and questions and answers. Registration closes 1 hour before class begins.

<https://mindfulhealthacupuncture.com/>

Webcast

Another resource is the Resilient Minds on the Front Lines Webcast that features NJ Attorney General Grewal and Chief Leusner from NJ State Association Chiefs of Police. <https://youtu.be/uD66jYAGB3U>

The recent webcasts have been great. If you haven't already done so, please "subscribe" to the You Tube link and you will be notified when a new Webcast drops. Also, please visit the website at www.onthefrontlines.us for more information.

Financial

Thank you to Officer Schwartz for putting together some financial information for us. As we move through these uncertain times, it's difficult to find the silver lining in all that's happening to the economy and our usual routines. But right now is the perfect opportunity to take advantage of favorable market, friendly loan and mortgage rates, among other industries hosting deals in order to attract short term cash flow to support their businesses. Please see the below information for an opportunity to capitalize on these opportunities.

We are always preaching about the importance of enrolling in the deferred compensation program (457) and the ROTH-IRA. With the stock market approximately 30% from last year's peak, this is a great opportunity to invest and reap the benefits of additional earnings when it turns around. Our representative of ICMA, Chris Schuller, is hosting daytime and evening appointments to make himself accessible for those who would like to pick his brain and/or enroll. You can register at the link below.

<https://icmarc.secure.force.com/events?SiteId=a0lj0000004aCsKAAU>

ICMA has also posted a video presentation on our website titled "Investing In Volatile Times" hosted by their Client Portfolio Manager, Chas Mansfield who has been in the industry for 28 years. There, he looks at current market data and gives some longer term perspective. It's very detailed and well worth twenty minutes of your time if you're trying to understand what to do next with your retirement savings. Please see the below link to be redirected to their landing page where the presentation is located:

<https://www.icmarc.org/coronavirusmarketsresourcecenter.htmlhttps://www.icmarc.org/coronavirusmarketsresourcecenter.html>

Aside from retirement savings, now is also a great opportunity to take advantage of excellent borrowing rates. The current 30 year fixed mortgage rate through the Police and Fire Mortgage Program is 2.61%. This program was previously

exclusive to only your first mortgage, but has recently changed and you are now eligible to apply for a second property mortgage at the same rate. Refinancing is an excellent way to reduce the amount of interest you will pay through the term of the loan, as well as consolidate debts at one great rate. The committee is also working on setting up a virtual meeting with Police and Fire representative and will provide more information once this is organized.

The vacation market has taken a massive hit due to COVID-19 and several companies are offering tremendous discounts for future travel reservations. One company has also gone further and offered hotel "bonds" which are valued at \$100 at the time of purchase and mature to be valued at \$150 after a period of 60 days. As this initiative gains traction in the industry, additional hotels are joining in and a list of involved hotels can be found at the link below:

<https://buynowsavelater.com>

Additionally in regards to planning future vacations, Officer Schwartz is in contact with a representative of Hyatt Regency who has offered to develop a special program for members of the Evesham Police Dept to book travel at a special "Friends and Family" rate. More information regarding that to follow.

Exercise

100 Mile Club: Join the club! We are running 100 miles in 100 days. This challenge is for runners and non-runners. To participate all you have to do is Join the free app Nike Run Club "NRC" and make an account. Once that is done, send your account name to Sgt. Gorman's email so she can add you to the group challenge. This will be a great way to hold each other accountable. You can go at your own pace, we are only tracking distance. The challenge begins on July 13 and will end on Oct. 21. Officers who complete the challenge will get their 100 Mile Run Club T-shirt. Special thanks to Officer Tavella and Officer Strockbine for submitting the application for this challenge.

The Gym Equipment Loan Program is still active and available to all members. While we wait for Governor Murphy to authorize the re-opening of fitness

facilities we want to remind everyone that the gym equipment is at your disposal. Contact Sgt. Mike Hatler with any requests or questions regarding the loan program.

At this time there is no date of reopening for the fitness center at police headquarters. Once the Governor provides more detail in his plan to safely re-open fitness facilities the Wellness Committee will meet and submit a Special Report seeking guidance and approval from the Command Staff in the re-opening our own facility.

Exercise is scientifically proven to reduce cortisol levels which are directly linked to our bodies response to stressful situations. Twenty-two (22) minutes of daily exercise is all that is required to help the body remain balanced and combat depression. Whether you are walking, biking, running or lifting weights we just want to remind you that any physical activity is better than none at all!

Nutrition

Our new refrigerator has been working out great. We have been monitoring the amount of healthy snacks that have been used and are happy to find that our officers are taking full advantage of this. As you can imagine, the snacks go fast. We are in the process of developing a system in which officers can purchase healthy snacks that will be available in fridge near the Wellness Corner. Officer Divito is assisting us with developing a plan for this.

Stress and anxiety levels are at an all time high, and “stress eating” will catch up with all of us in no time. Maintaining a healthy diet not only boosts our immune systems it affects our moods, sleep and overall perception of ourselves.

Schmidt's Smoothies

Chocolate peanut butter Banana smoothie

1 frozen banana

1 spoonful of cocoa powder

1 spoonful of peanut butter or PB2

1-2 cups almond milk

Optional add ins:

Chocolate protein powder

Handful of spinach

Flaxseed

Chia seeds

Mixed berry smoothie

1 cup of almond milk

1 cup of frozen strawberries and blueberries

1 scoop of favorite flavor protein powder or 15.3 cup of plain Greek yogurt

Optional add ins:

Handful of spinach

Flaxseed

Chia seeds

Immune boosting Orange smoothie

1 large orange peeled

½ banana

1 cup frozen mango pieces

½ cup almond milk

¼ tsp. of vanilla extract

Committee members

Thank you to Lt. Scutt and Sgt. Dixon for their contributions to the Wellness Program while serving on the committee last year. Your efforts are much appreciated. Also, thank you to the members who recently submitted interest in joining the committee. The selection process was difficult. The following

members have been added to the committee: Officer Colin Hinklemon, Officer Laurence Ligget and Sgt. Thomas Campbell.

Remember this program works best with everyone working together to help each other. With that said, if you have any ideas or resources please pass them along to any of the Wellness Committee members.

Resources

Please remember, whether you feel you are in crisis OR if you just need to speak with someone to relieve some stress the advice will always be the same, DON'T WAIT! You are NOT alone. There are confidential resources available for you 24-7. You can utilize our Department's Employee Assistance Program or your three free sessions with Dr. Kelly. You can contact Dr. Kelly directly for those sessions with no department notification required. Remember she is available to do sessions over the phone or through Telehealth. You can contact COP 2 COP where you would speak confidentially with a LE peer over the phone. Below you will find other resources as well.

Cop 2 Cop

1-866-267-2267

CopLine

1-800-COP-LINE

Crisis Text Line

Text BLUE to 741741

Suicide Prevention Hotline

1-800-273-TALK

1sthelp.net

Stay safe and well!

WELLNESS 360

