Work-to-Home Practice

Build Resilience Into Your Daily Routine

Many first responders have found that transitions like **Work-to-Home, Home-to-Work**, and **mealtimes** are excellent times to **build a resilient mind**. Tying any **mind-body practice** to an **existing behavior** can help it become a **habit more quickly**.

POTENTIAL BENEFITS

- **Help settle the nervous system**
- **Improve energy, mood, and capacity to respond (not react) to your family and life**
- **Enhance calm & focus**
- **Reduce anger**
- **Lower heart rate**
- **Lower/stabilize blood pressure**

Find a quiet location to pause (sitting in your car, on a park bench, etc.) after your shift and before arriving home.

Sit in a relaxed, stable posture and take a few minutes to intentionally transition from work to home.

Take several slow belly breaths in through the nose & out through the mouth, pursing the lips as you exhale.

Focus on a familiar anchor point in the body sensations in the feet, hands, breath, or sound.

When the mind wanders, simply notice without judgment, and return attention to your anchor for 2-5 min.

Consider a positive value or intention you want to bring home and embody.

In closing, take a few slow deep breaths and know you have made an effort to leave work at work.



Mindfulness for First Responders

ARRIVE & SHIFT

- Turn off the engine,
- Move the seat back,
- Feet flat,
- Hands on thighs,

BELLY BREATHING

- Breath in through the nose…Blow out slowly through pursed lips.
- Find Your Anchor
- Focus on your breath, hands, or feet.
- Stay in the present moment.

5 MINUTES OF MINDFULNESS

Gently bring your attention back when your mind wanders.

Finish with Affirmation:

"I'm ready."

"I've got this."

"I'm home."

Developed by Scott MacGregor & Jay Bettencourt with the support of the Asheville Fire Department