



*Stress is Killing Us, A Locker Room Approach to Dealing With Stress*

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*Presented by Officer Bruce Wind, Retired*

With a dash of irreverence in his voice and a pinch of street language, Officer Bruce Wind presents *Stress is Killing Us*, a locker room approach to taking care of yourself and your fellow First Responders. If you are expecting another lecture or 'death by PowerPoint', think again.

At the very start, Officer Wind projects a huge 'I'm sorry' on the screen and explains that 37-years of patrol work has left him a bit unpolished. After nearly a million miles in a patrol car, 22-years as a hostage/crisis negotiator, and 20-years as a peer counselor, Bruce has found his passion in retirement helping other First Responders. Bruce is a past volunteer and trainer at Safe Call Now and currently is affiliated with Code4 Northwest, a crisis & referral service for First Responders.

It has always bewildered Officer Wind that First Responders will go out of their way to help strangers we meet daily, but we are unwilling or unable to help each other in time of crisis. The suicide rate among police officers and fire fighters is alarming.

Officer Wind will present a street level, locker room approach of how he made it through his career and survived a stress-filled police career, both at work and more importantly, at home.

- Are you stressed?
- How do you lessen your stress?
- How do you treat your stress?
- What if your stress is out-of-control?
- Is a peer suicidal? Are you suicidal?
- How should we grieve?

Ideally, this is a 3-4 hour presentation which requires full audio & video system. This presentation can be tailored for family groups, support groups, and civilian employees of police & fire agencies.

Stay safe & sane,

Bruce A. Wind  
Tactical Talk - First Responder Training