

What follows is Eric Garrison's presentation
at the 13th Annual NCEMSF Conference
25 February 2006 in Boston, Massachusetts

For a campus-wide program on sexual health, relationships, sexual assault, HIV/AIDS, substance abuse (including clubs drugs and tobacco), if you wish to contact Eric with your questions about his NCEMSF workshop, or if you just need an open-minded listener for your particular issues, please get in touch!

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13th Annual
NCEMSF
Conference

25 February 2006
Boston, Massachusetts

Who's Taking Care of You

Overcoming the Physical and
Emotional Trauma of
Emergency Medical Services

You are responsible for your well-being.

- ▶ You will be a stronger person.
- ▶ Resources exist on campus to help you.
- ▶ Recognizing your weaknesses is a strength.

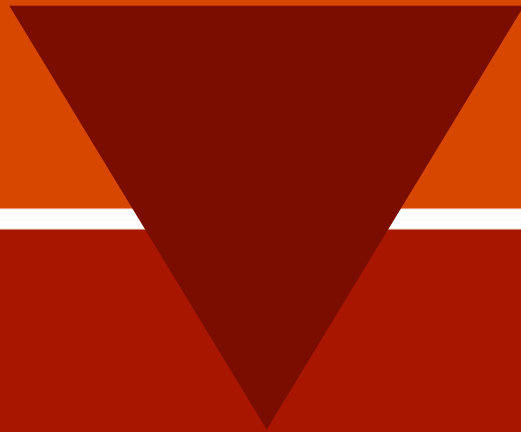
The “Other” EMS

- ▶ Energy (in and out)
- ▶ Mind
- ▶ Surroundings

Energy

Mind

Surroundings



Energy In

Eating

Energy Out

Exercise

Mind Part I

Intellect

Mind Part II

Mental Health

Depression

- ▶ Know the signs
- ▶ Seek assistance

Ask your campus health
educators for a workshop on
sleep hygiene

Sleep

Laughter

- ▶ Do something that makes you belly laugh at least once a week

Surroundings Part I

Environment

Surroundings Part II

Spirituality

Questions to Ask Yourself

- ▶ What do I know about the subject?
- ▶ What would it mean to me if I changed this behavior?
- ▶ What might be the best thing to happen if I changed this behavior?
- ▶ Who? What? Where? When? How?

Provisional Try

- ▶ Reframe “failure”

You are indeed
carrying within
yourself the
potential
to visualize,
to design, and
to create

an utterly
satisfying,
joyful,
and
pure lifestyle.

Rainer Maria Rilke