**Survive and Thrive**

 **How to Rebuild Compassion and Resiliency**

Instructor Zach Chamberlin has a combined 20 years working in both the hospital and EMS settings. As a 7-year veteran fire fighter and 5-year paramedic Zach has always displayed a passion for teaching and instruction. He has taught EMT and first responder courses to new students and fire personnel. While teaching these courses he has always believed that mental health and wellness was of the upmost importance for good quality of life and a prosperous career. He has spent much of his career researching methods and practices for front-line workers to improve their sleep quality, physical well-being and fitness, and methods to improve resiliency.

His career changed as he noticed his own symptoms of Complex-PTSD. After years of therapy focusing on EMDR, Self-compassion, and Cognitive Behavioral reframing Zach realized the career he loved so much was no longer healthy for him or his family. During his time in therapy and self-improvement Zach focused on finding ways to share the skills he learned with those whom has called family for two decades.

Drawing on his own experience with post-traumatic trauma and burnout Zach’s curriculum is developed to help others rebuild their own resiliency and help maintain a long and prosperous career with healthy lifestyle as well.

**WHAT TO EXPECT**

Be ready to spend time exploring they way our minds and bodies deal with stress and trauma while also aiming it’s focus on being comfortable with acknowledging your emotional needs. There will be some self-reflective questions, journaling/writing, and meditation to help students normalize talking and “feeling” your emotions without judgement or shame. The material in this course deals with some personal trauma and experiences from Zach’s experiences so if at any point you need space or to step away to take time for yourself please do so at your leisure. There is no shame in feeling you own pain as we tackle some very tough topics together.

Zach will present skills that students can use everyday to improve mindfulness, reduce stress, and make efficient choices to maintain resiliency. He will, through self-assessment tools and exercises, make acknowledging emotional needs non-taboo and even soothing in times of stress. In the end, the skills will strengthen your bond with yourself, your family, and your human community.