
**FOR MORE INFORMATION OR
TO SCHEDULE A TRAINING**

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Mindfulness for Officer & Public Safety

It is our hope that all first responder organizational leaders will consider that there is more to officer /personnel/public safety than protective equipment, policies and training. Protection requires the adoption of a culture of safety that provides its employees with the tools, the resources, the support, and the training that they need to live a safe, balanced, and healthy life both on & off duty

Adapted from the journal, The Police Chief,
2012



ABOUT

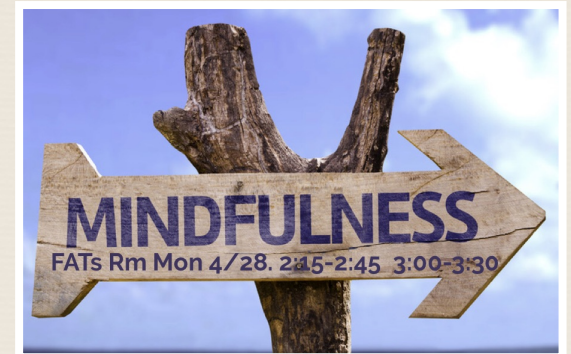
The Mindfit Resiliency Project is currently piloting mindfulness programming at both the Cambridge and Somerville Police Departments both in Massachusetts. In Cambridge this has included an adapted 8 week Mindfulness Based Stress Reduction style group, a 13 week in-service introduction to mindfulness training for all police and dispatch personnel, drop-in mindfulness groups, integration of mindfulness into a police/community partner trauma-informed training and embedding a Mindfulness mentor with office hours at the department to provide individually tailored mindfulness instruction/support as well as group offerings for police personnel and their families. In Somerville the Mindfit project is offering seeking drop-in Mindfulness groups as a follow-up to a two day mindfulness resiliency training.

This project is supported by the Massachusetts Office for Victim Assistance through an Antiterrorism Emergency Assistance Program (AEAP) cooperative agreement 2014-RF-GX-K002 from the office for Victims of crime, Office of Justice Programs, U.S. Department of Justice

**THE MINDFIT RESILIENCY
PROJECT**

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**THE FIRST RESPONDER
MINDFIT
RESILIENCY
PROJECT**



*Supporting individual,
organizational & community
resiliency through the practice
and culture of mindfulness*



THE MINDFIT RESILIENCY PROJECT



WHAT IS MINDFULNESS?

You may have heard of mindfulness but not known what it actually is.

Simply put it is an awareness discipline that helps widen the gap between impulse & action, increases our field of awareness allowing for increased situational awareness grounded compassion, guided action and pragmatic wisdom. and a release of physical, tension.

WHY BRING IT TO YOUR ORGANIZATION?

First responders are routinely exposed to stressful and traumatic events in the course of their duties. Institutional stress is often felt as intensely as is the stress associated with those duties.

Organizations that recognize this duality can increase morale, develop more effective communication & enhance the well-being of the organization & its relationship to the community it serves.



WEBSITE RESOURCES

www.mindfitproject.com is our website. within you will find information about mindfulness, stress and the inception of the project. Additionally there are audio downloads of mindfulness practices and links to other websites.



THE MINDFIT RESILIENCY PROJECT APP

This is an adaptation of the website to make accessing resources more accessible. The app is free of charge and available at the Apple Store. It will be available for Android devices shortly.



"FIELDS OF AWARENESS" MINDFIT NEWSLETTER

This newsletter will soon be distributed throughout participating departments. The newsletter will offer timely updates on local resources and mindfulness offerings through the Mindfit Resiliency Project. contributions by police personnel are welcome.

