

PRIORITY ONE

Quarterly Journal on Officer Wellness & Resiliency
ISSUE 08 October 2018



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FIGHTING HOLIDAY STRESS

By: Kelly Tappenbeck, LCSW

Holidays can be some of the most meaningful times of the year, but they can also be some of the most stressful. Officers often encounter people at their worst, but a double dosage can transpire around the holidays, which may result in an increase in workload. Even if you are not one who works over the holidays, any on-call responsibilities can throw a wrench into family plans as well. Fighting holiday stress as an Officer often requires the capacity to implement early and effective strategies to lessen the impact of what the holidays may throw at you. Below are some tips to make the holidays work for you rather than against you:

- **Be prepared by planning ahead:** Since many of you are aware of your holiday work schedule in advance, use that to your advantage to plan ahead. Sit down together, contact relatives, do whatever is necessary to get things in order and on the calendar. Accept that this process will likely be frustrating at times and your preferences may differ from those of your partner. Use those time-tested relationship skills of compromise and negotiation to find a win-win for both parties.

Continued on the next page.

FIGHTING HOLIDAY STRESS

BY KELLY TAPPENBECK, LCSW



- **Be flexible:** Because of the type of work you are in your holidays may not go as planned or as you prefer. One of the strategies that is most effective involves cognitive flexibility. It essentially means shifting your thinking from one way of looking at a situation to another. In other words, it is quickly adapting your thinking to adjust to a new situation. This ability is essential in law enforcement, as many situations to which you respond require you to constantly update your beliefs or ideas as new information/evidence comes in. As the holiday season approaches, commit to flexible thinking by 1) “hunting for the good” in the unexpected; 2) reframe negative events to find positive meaning; and 3) accept obstacles resulting from situations outside of your control and turn them into fuel for action.
- **Use the time you do have to celebrate:** It can be discouraging that you and your family will not be celebrating a certain holiday as is your custom, but what are you going to do about it? Is the loss of time going to ruin your holiday, or is it offering you a chance to make great memories with your family and display to your kids how someone can take a problem and use it for something good? It’s your choice.
- **Presence over presents:** Refrain from thinking you need to compensate your absence with tons of gifts. It does not work. Rarely does anyone remember what a loved one gave him or her several years ago, but what they do remember is the effort that goes into making the time you have special.
- **Take care of yourself:** Reduce your risk of experiencing excessive stress with the use of simple activities like exercise, a daily relaxation practice (e.g. tactical breathing, yoga), healthy eating, time off from work, social support, and if possible, reducing your workload.



OFFICE HEALTH

Did you know that the average worker in America sits for **12.7 hours** per day? Did you know that sitting for extended periods of time every day has been linked to obesity, heart disease, diabetes, kidney problems, liver issues, cancer, lower back pain, and weaker muscles? It also increase the risk of premature death by up to 40%.

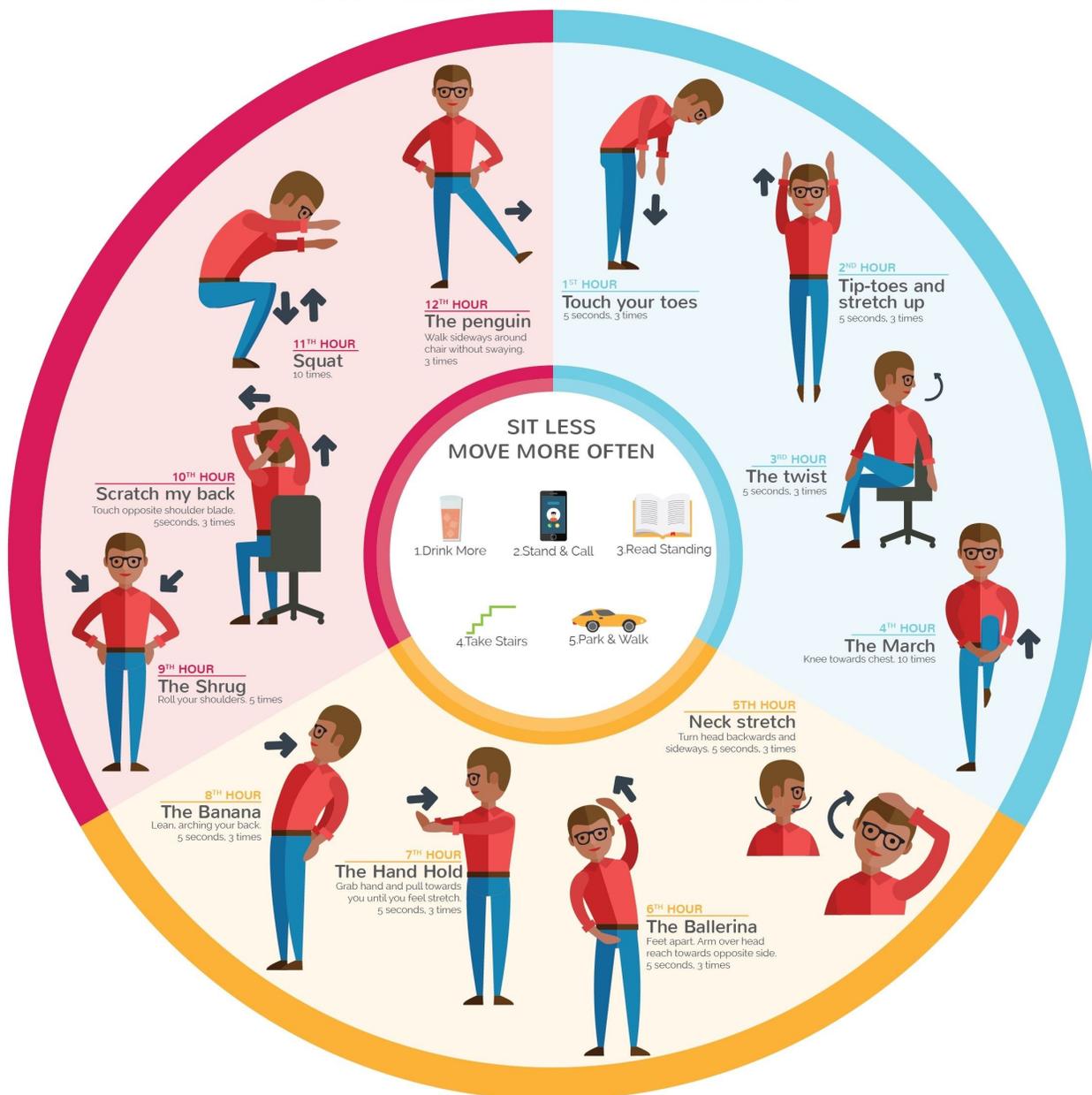


Office Health Tips:

- ⇒ Stand up from your desk and walk for 5 minutes every hour. If possible, use a fitness tracker/watch and motivate yourself to walk ~10,000 steps every day.
- ⇒ If you need to talk to a coworker, try holding 15-minute standing meetings, which have been shown to be shorter and more effective than a traditional hour-long meeting. If you need to have a difficult conversation with a co-worker, try a walking meeting that can help reduce tension and initiate conversation.
- ⇒ Take phone calls while standing at your desk.
- ⇒ If possible, use the stairs instead of the elevator..
- ⇒ Doing a few simple stretches every hour, like an overhead arm stretch or touching your toes while sitting, can help increase blood flow and release built up tension from remaining in a sitting position. (SEE STRETCHES ON THE FOLLOWING PAGE)
- ⇒ If possible, do a few bodyweight exercises, such as wall sits and squats, for about 5 minutes every hour. This helps to increase productivity and boost energy.
- ⇒ When typing, set up your keyboard and mouse to be as flat as possible. Elevating your wrists to type places unnecessary strain on them, and may contribute to problems with carpal tunnel.
- ⇒ If you use the phone frequently while typing, try using the speaker function instead of cradling the phone with your shoulder; this relieves tension and prevents neck pain later on.
- ⇒ Drink plenty of water; even mild dehydration can cause moodiness, fatigue, and problems focusing. If you feel yourself going into that mid-afternoon slump, avoid coffee or other caffeinated beverages; instead, try a glass of ice water.
- ⇒ Sit up straight! Slouching can strain muscles and stress your spine, contributing to back and neck pain. It can also reduce your lung capacity by as much as 30 percent and has been linked to some forms of postural scoliosis and tension headaches. Sitting up straight, on the other hand, can reduce stress and help you be more productive.
- ⇒ If you have a window in your office, use it! Studies have shown that simply looking at a tree can release stress hormones and activate the parasympathetic nervous system (lowering heart rate and blood pressure). The effect becomes more significant when you are outside in nature.

OFFICE STRETCHES

ONE PER WORKING HOUR
TO KEEP YOU MOVING



SITTING EPIDEMIC

12.7 HOURS
Average worker sits per day

Sitting Linked to:

Obesity Heart disease and diabetes Kidney problems Liver problems Cancer Low back pain Weakened muscle

(Annals of Internal Medicine)

40% MORE
risk of premature death



Eliminating MSD, creating healthier workplaces

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EMPLOYEE SPOTLIGHT!

The Fitness Policy was instituted in 2017, and since then more and more employees have been taking advantage of their wellness hour. This is leading to some serious fitness gains. This quarter's employee spotlight belongs to B-squad west's Dan Lapihuska. Dan began his fitness journey in February 2018, hoping to lose a little weight and feel better. Dan knew it was time to take action when he had to let out his uniform belts, and he realized he was getting winded while bending over to tie his shoes. Like many officers, Dan also suffered from chronic lower back pain, shoulder pain, and occasional knee pain.

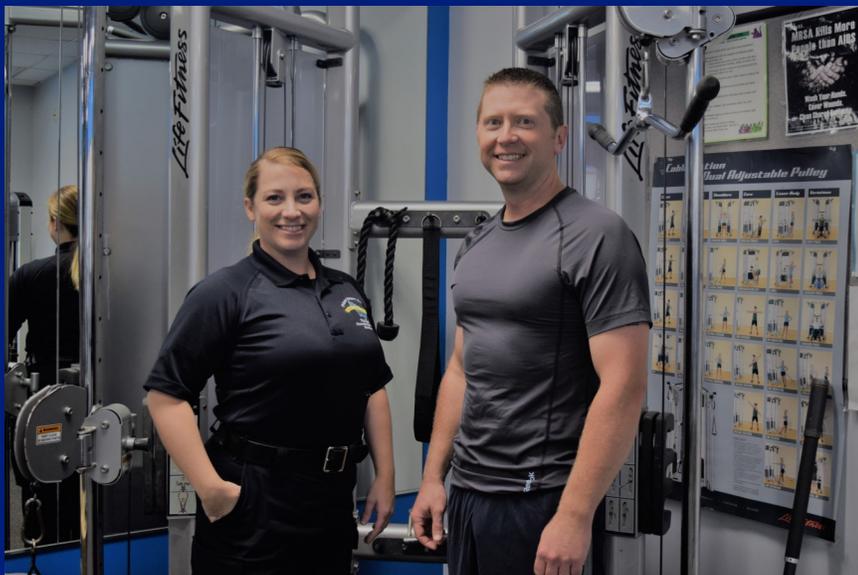
Dan reached out to the Peer Fitness Advisor Team for guidance on workouts and nutrition and never looked back.

By April 2018, Dan dropped 13 pounds, over 4% body fat, increased muscle mass by 3%.

By August 2018, he had dropped 22 pounds, 6.5% body fat and increased muscle mass by over 4%.

His lower back pain is entirely gone and his shoulder pain had decreased significantly. He's had to take in all his belts and his original honor guard uniforms fit with room to spare.

In his own words, "I feel better. I run faster. I feel less stress on my knees and feet. I feel better about myself and how I look, both in uniform and out. While I'm not to my goal yet, seeing and feeling these changes are extremely motivational. The on duty workout time is invaluable!!!"



Officer Lapihuska is pictured here in the WDS Gym with Peer Fitness Advisor, Officer Becky Kushner

ARLINGTON 9-11 MEMORIAL 5K



Congratulations to all who participated in the Arlington 9-11 Memorial 5K!

Pictured Above: First Sergeant Jimmy Pearce, Investigator Ben Fish, Officer Charles Dooley, Sergeant Chris Moore, Officer Kevin Macfarlane, Officer Brian McCleese, Sergeant Katherine Lewis, Detective Aaron Redell, and Lieutenant Bart Stromer

Not pictured but participated: Sergeant Vic Tomsko, Sergeant Matt McCormick, Ben Alejandro, and Patty Clary

Police Work Takes a Toll on your Body

By: First Sergeant Will Mackay, Peer Fitness Advisor



Police work will take a toll on the body. It is hard on your joints and it is hard on your back. Even if you are in great shape, you are packing extra pounds on your body every day. The duty belt, the vest, and the various items can add up to 20 extra pounds. Extra weight puts stress on joints and increases risk for injury. Carrying 20 pounds of gear adds between 40-60 pounds of force on the knee while walking. That same 20 pounds of gear will add between 100-240 pounds of force on the knee when running. This is not ideal for the long term health of your joints and can cause repetitive stress injuries. These are the small nagging injuries which we tend to ignore treating and build up scar tissue. Scar tissue reduces range of motion and decreases strength output. Poor posture and lower back strains are common factors in repetitive stress injuries to the spine.

Sitting in the duty belt and vest puts tension on the lower back and misaligns the hips. Using the MDC puts rotational strain to the lower back as well. Over time these factors weaken core muscles and increases risk of injury.

CONTINUED ON NEXT PAGE

Police Work Takes a Toll on your Body (continued)



Weak core muscles increases the risk for herniated discs. This type of injury is serious and in some cases career ending.

You need to be mindful of this in your personal fitness. Core strength and joint health are just as important for the probate as it is for the veteran. What do you do if you are so deconditioned that exercising back to health seems like a pipe dream?

I can tell you what I did back when I felt that way. Arthritis in some joints and the degenerative discs in my spine nearly forced me out a few years ago. I was always uncomfortable. I was never able to stand, sit, or lie down for very long. At work, the belt and the vest were a constant aggravation. I would have to go to the office and take the duty belt off to rest my hips and back at least once a day. I had put on a lot of weight over the years and this made things worse. I wanted to fix it but did not know how. I could not sustain a workout plan because the aggravation to my joints and back. I felt like I was lost and out of options.

That is when I found the fitness program known as DDPY. Created by Dallas Page and Dr. Craig Aaron, the program has helped professional athletes, actors, and musicians. It was the inspiring story of a disabled veteran on the program that got me hooked. Arthur Boorman was a paratrooper whose many jumps took a toll on his body. After the Gulf War he got out of the Army. Constant pain made exercise difficult and he put on weight. This caused more pain and a terrible cycle began, leaving him obese and immobile. He used the DDPY program to lose over 100 pounds and regained his mobility. The selling point of the program was that it was a low impact strength and cardio workout. They said the program helped relieve pain and increase flexibility. It seemed like a gimmick, especially when I saw that they had video to explain breathing. I just couldn't see how you could get in shape without running or lifting weights. It just seemed like "breathing and stretching". How could ...

Police Work Takes a Toll on your Body (continued)



you get anything other than flexibility from just stretching? I wasn't doing any type of fitness program at that point so I decided to give DDPY a try.

I found out pretty quickly that DDPY was a whole lot more than "breathing and stretching." Now, they were nothing like retired Lt. Dan Hess' favorite, The One Good Pushup exercise, but it did give me a good workout. The workouts are a mix of yoga positions, sports therapy, and old school calisthenics. I was only doing the workouts three times a week when I started. It was a surprise that I actually felt better within a few weeks. I didn't have to take the belt off during the shift as much. Then I started noticing my knees didn't hurt as bad when I was getting out of the cruiser. My sleep was improving and I was actually losing weight. My posture and balance improved as I progressed to more difficult workouts. I have been doing DDPY for over four years and I feel great. During this time I have built muscle and relieved decades of scar tissue. I no longer feel busted up and broken down. DDPY was crucial to restoring my health and continuing my law enforcement career. I believe programs like DDPY can help current and former cops deal with the compounding effects of the profession. That is why I became a certified DDPY instructor.

As a Peer Fitness Advisor, I have used DDPY to help people from Patrol, CID, Special Operations, and Support Services.

If you have any questions about DDPY or how it can help you, please reach out to me. Remember, all fitness levels can do these workouts. I can meet with individuals and groups who want to give DDPY a try.

See Arthur Boorman's amazing video here: <https://vimeo.com/41271653>

Written by Peer Fitness Advisor, First Sergeant Will Mackay



**Join us for our 7th Annual Pennington
Blue Jay 5K & Hero Mile**

Hero Mile will begin at 8:30 am and the 5K will follow at 9:00 am

October 20

In memory of Officer Philip Michael Pennington

To benefit the Prince William County Police Survivor's Fund

<http://www.penningtonbluejay5k.com>

The Blue Jay 5K is a USATF certified course (VA12049RT)



YOGA AT THE HALL

Tuesdays @ 1900

Our new instructor for this class is John Mory. John was first drawn to yoga in 2012 for the therapeutic benefits as a triathlete and cross-fit coach. In 2017, John began to practice regularly and realized the mental health benefits of yoga by connecting the mind and body through breath and movement. John earned his 200 RYT from the Yax Yoga Concept's YTT in June 2018 and looks forward to teaching yoga to all, but particularly looks forward to working with fellow veterans and first responders, as he knows first hand the benefits of yoga on mental health and stress management. John is a retired Army veteran and currently works as a firefighter/EMT for PWC.

New Chaplain Announcement!

Please help me welcome a new addition to the Department's Chaplain Team, Rabbi Shmuel Perlstein! He currently serves full-time at the Chabad Lubavitch Synagogue located in Gainesville and is looking forward to becoming more active in the community and with the Department.

2018 PWC Employee Wellness Fair

October 24, 2018 from 0800-1400

Sean Connaughton Plaza

- ⇒ CHAIR MASSAGE
- ⇒ ACCUPUNCTURE
- ⇒ BONE DENSITY SCANS
- ⇒ POLICE V FIRE FITNESS CHALLENGE
- ⇒ INFUSED HYDRATION BAR
- ⇒ AND MORE!!!!