

The Topeka Police Department presents:

Mindfulness for First Responders

This course will introduce officers to methods which allow the officer to consistently monitor their state of mind, interpret their emotions and control their responses to the effects of stress and conflict. Students will explore practices that have positive benefits in terms of resilience and overall wellness to both their on-duty performance and personal lives.

Core Competencies:

Students will use analysis and application of current relevant theories in mind-body wellness to develop plans (for themselves or others) to heighten awareness as it relates to stress and emotional reactivity.

Course Objectives:

- Identify and Discuss qualities of a "Good Cop"
- Explain and recognize Empathy, Compassion and Emotions in self and others and its effect on job and personal lives
- Analyze the mind body connection and inspect its role in wellness
- Employ and experiment with various mindfulness concepts and exercises
- Discuss and illustrate mindfulness practices in daily life and on duty
- Design a personal plan to integrate mindful practices in your life

WHEN: May 21st, 2020, 0800-1700.

WHERE: TOPEKA POLICE DEPARTMENT REGIONAL TRAINING FACILITY / NICKEL ARMORY
2722 SW TOPEKA BLVD. TOPEKA, KS 66611

COST: \$50.00 (limited seating register early)

REGISTRATION: Laura Stuhr-lstuhr@topeka.org or call 785-368-2400

**Instructor: Erik Hulse, Mindfulness/Meditation Teacher & Coach, Overland Park
Police Officer (Retired)**

Erik Hulse is a community teacher for the Midwest Alliance for Mindfulness, a trained Mindfulness Based Stress Reduction (MBSR) teacher, and a PauseFirst: Mindfulness for First Responders teacher.

He retired from the Overland Park Police Department in 2016 after 25 years of service and realized that although retirement did relieve him of some of the corrosive effects of

daily exposure to human suffering, it didn't relieve him of many of the residual effects. Erik decided to try mindfulness meditation shortly after retirement, and within a relatively short period of time after starting his practice, it occurred to him that had he learned about mindfulness as a young police officer, it would have had a profound impact on his career, his personal relationships, and his health.

First responders are exposed to critical incidents and chronic stressors that contribute to a higher prevalence of negative health outcomes compared to other occupations. Erik was no exception and it's unlikely many other first responders are either. A personal interest in studying mindfulness to deepen his own practice quickly grew into a desire to teach mindfulness to others. Erik is now a fully qualified mindfulness teacher and works with a number of law enforcement and civilian organizations to teach mindfulness practices to their employees.

