



MaPS Newsletter



Mentoring and Peer Support

Welcome Fall!

Fall is in the air. Kids (and even some of us) are heading back to school. After the past year of homeschooling and social distancing this transition to in person learning is a welcome change for many. For others, there is still a fear of uncertainty.

It is important to remember that we are ALL still adjusting to the "new" normal. Allow yourself time to adjust and do what is best for you and your family.

Be kind, understanding, and supportive of each other.



Fun Fall Activities



Go for a hike! Spend some time outside and check out the changing leaves.



Apple picking. Pick a nice afternoon and go pick your own apples. Not only will you get the freshest fruit, but you will get some fresh air while doing it. Apples are high in fiber and water content which make you feel fuller longer.



Go to a fair. Pack up your family or friends and spend the day at a fair. Go on the rides, pat the animals, and enjoy the feeling of being a kid again. Remember play is an important way to relieve stress.



Get Lost. Or found. Grab your crew and head out to a corn maze. Make it competitive and give out prizes for the fastest time. Or go in costume!



Take Pictures! Document your memories and fun fall activities.

Healthier Choices

As we mentioned above, apples are high in fiber and water content which makes them an excellent snack choice as they help you feel fuller longer.

Did you know that apples have also been shown to help lower high cholesterol and high blood pressure?

The high level of antioxidants in apples may also help limit the growth of certain types of cancers.

So there is some truth to the old saying “an apple a day keeps the doctor away”.

What to do with all of those apples that you picked at your local orchard? How about making cookies? These healthy cookies can be eaten as a quick, on-the-go breakfast.



Fall is the perfect time to pick your own fruit at your local orchard. Grab some apples and pumpkins!

Oatmeal Apple Pie Cookies

1 cup (100g) quick cooking oats
 ¾ cup (90g) whole wheat flour
 1 ½ tsp baking powder
 1 ½ tsp ground cinnamon
 ¼ tsp ground nutmeg
 ¼ tsp salt
 1 ½ tbsp unsalted butter or coconut oil, melted and cooled slightly
 1 large egg white
 1 tsp vanilla extract
 ¼ cup maple syrup
 5 tbsp nonfat milk
 ¾ cup finely diced apple

In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, nutmeg, and salt.

In a separate bowl, whisk together the butter or coconut oil, egg white, and vanilla. Stir in the maple syrup and milk. Add in the flour mixture, stirring just until incorporated. Fold in the apple.

Chill the cookie dough for 30 minutes. Preheat the oven to 325°F, and line a baking sheet with parchment paper.

Using a spoon and spatula, drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten to the desired thickness and width using a spatula. Bake at 325°F for 9-11 minutes.

Cool on the pan for 10 minutes before turning out onto a wire rack.

Fall Reflection Time

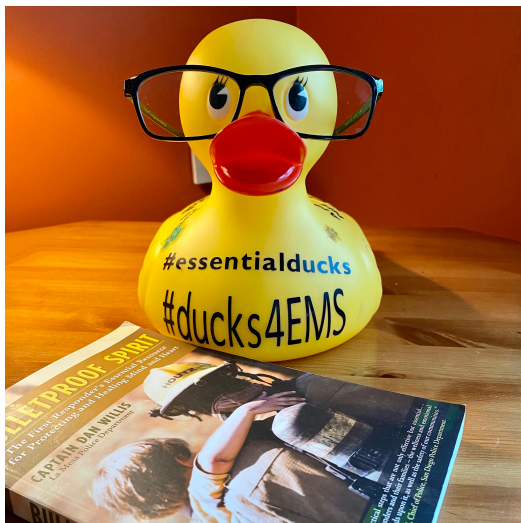
As we prepare to close out 2021, it is a good time to take stock of what we have accomplished over the past year and begin to think about where we would like to be next year. It is also a good time to start making plans that will help us succeed in the new year.

Many companies offer either free tuition or reduced tuition programs at some colleges. Are you taking advantage of that program?

What about taking an adult enrichment course just for fun? Learning something new helps our brain form new connections and improves cognitive functions.




Self Reflection is Important to Growth





Speaking of cognitive functions, reading is a great way to keep your brain active. If you belong to our Facebook group, you know that we had some great discussions about this book, *Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind and Heart* by Daniel Willis. This book has some great tips for managing stress as a first responder and ways to maintain a healthy life outside of work. We recommend checking it out.

We'll post another book for discussion next month on our Facebook Group.

Reading for as little as 6 minutes can



= 60% ↓ **STRESS** +  + 

reduce stress by 60%, slow heart beat, ease muscle tension and alter your state of mind

Just Breathe!

How we breathe has a huge impact on how well our bodies respond to stress. As we get more and more worked up, our breathing gets shallower and faster.

If we make a conscious effort to slow our breathing down and breathe from the diaphragm, we actually stimulate our vagus nerve and activate our parasympathetic nervous system (the rest and digest system). This type of breathing technique is so effective at stress management that the US Navy Seals teach it to their operators to help them remain effective and able to function at top performance levels in combat situations. Imagine what it could do for you in your everyday life!

This tactical breath work is also one of the very first things that you will learn in a Yoga for First Responders Class (you can see one of our members here in her instructor course practicing breathing).






How do you do it? It is actually pretty simple. Start by getting comfortable. Take a deep breath in, filling your belly and letting it expand out. Then allow your ribs to expand out in all directions as you continue to breathe in. Finally, allow your chest to expand. Then, exhale from your chest, ribs, and finally belly, allowing all of the air to escape. Repeat. Keep this up for 5 minutes. Next time you are sitting in the station, rig, or even in your own car on the way home from a stressful shift, give this a try for a couple of minutes. It does work!

If you want to learn more about the Yoga for First Responders Program, check them out on social media or drop us an email.



Social Media

-  MaPS (Mentoring and Peer Support)
-  MAPS_NH
-  @quentin_duck