



Wellness : Ignoring Depression Doesn't Work

Date: _____
Student: _____
Dept: _____
Station: _____
Training Code: _____

NOTES:



CHALLENGE

Wellness activities are increasing in the fire service because of the spotlight that has recently been placed in this area. Departments throughout the country are embracing fitness and healthier lifestyles. A large part of the wellness component includes education that is supported by health physicals. Many of us don't often visit doctors due to fear of hearing bad news or a carryover from our childhood. Our wellbeing depends on knowledge and action. Overcoming our fears and entering this imposing building may be the key to a longer life.

DISCUSSION

- When was your last physical?
- How informed are you about your personal health risks?
- What wellness activities do you participate in?
- Do you feel our district's focus on wellness is adequate?

The greatest asset of the fire service is our people; protect them!