CALGARY FIRE DEPARTMENT · WELLNESS WEEK

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Shift Happens

Your Resiliency Playbook

Prevent, Protect, Perform.

> ***"The habits we build today reinforce how we show up tomorrow."***
> Claire Masikewich

Train before the call

You train for the call before it comes in. You don't learn to use the gear on scene. Resiliency works the same way.

Here's the thing: building a new habit in the middle of a crisis is like learning to swim in a storm. The time to build your tools is now, on the regular days, so they're there when the hard days show up.

This playbook walks through the three things you can always control:

1. **Your thoughts**
   What you tell yourself.
2. **Your community**
   Who you keep.
3. **Your actions**
   What you do.

> **HOW TO USE THIS PLAYBOOK**
>
> **Take 10 minutes with it this week. Then come back to it whenever you need a reset.**

Resiliency is proactive

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Resiliency isn't something you find after the hard stuff is over. It's not bouncing back. It's finding peace, hope and happiness right in the middle of the hard. And that starts with what you put in place before you need it.

Gut check

How full is your tank today? Circle one.

1	2	3	4	5	6	7	8	9	10

Running on empty — Thriving

What's one thing filling your tank right now? What's one thing draining it?

Filling my tank	Draining my tank

Build your resiliency routine

Whatever you choose, it needs to be sustainable. As author of Atomic Habits, James Clear puts it: **change the scope, not the schedule.** A 5 km run becomes a walk around the block. An hour at the gym becomes 10 push-ups. The habit stays alive, even on a 24-hour shift.

My habit	On a good day	On a hard day (scaled down)
Example: move my body	*45 minutes at the gym*	*10-minute walk after shift*

REST IS PART OF THE ROUTINE

Rest and recovery aren't a reward for finishing everything. They're when your brain does its most important work: learning, adapting and healing.

What's one way you'll protect your rest this week?

What you think

Let go of what you can't control, and control what you can. Your thoughts are the first place to start.

Perspective

You never know what someone else is carrying, on a call, at the station or at home. When your mind goes somewhere negative, ask yourself: **What difference would a new perspective make on this situation?**

A situation that's frustrating me right now:

What I'm telling myself	A new perspective

Gratitude

It's free. No $25 journal required. Get specific: not "my family," but the first coffee after a long night, or the crew that had your back today.

Today I'm grateful for:

1 _____

2 _____

3 _____

Mindset

Anytime you face uncertainty, flip the narrative. Let the "what ifs" spark possibility instead of fear.

I can't control...	What if it all works out, and...
Example: when the next big change hits	*...it brings our crew closer together?*

> **How is stewing about the things you can't control helping you move forward?** There's a big difference between being informed and being obsessed.

Who you keep

Resiliency is built in community. Healing happens in community. Nobody gets through hard things alone, and nobody should have to.

Who are your five people?

Who makes you feel seen? Who lifts you up? Who would you call at 3 a.m.? If you can't fill all five, that's okay. You may be in a season where your community needs rebuilding. Start by showing up where your values already live: the gym, a run club, a volunteer shift, a peer support group.

1. _____
2. _____
3. _____
4. _____
5. _____

Ask for help before you need it

Asking for help can be hard. Carrying everything alone is harder. You delegate on the job, so you can delegate outside of it too.

Something I could use help with	Who I could ask

Try the 5-Minute Vent and Pivot

The next time you're frustrated, worried or angry:

1. **Find someone you trust.**
2. **Vent for 5 minutes. Let it all out.**
3. **Then shift the conversation to something else.**

When you share, your worries have less control over you. And you give the people around you permission to be real in return.

What you do

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You don't control what happens to you. You do choose how you show up.

Lean into your strengths

What do people come to you for? Keep a brag list of the hard things you've already handled, big or small. When things get tough, it's proof you've done it before. Your brain believes what you tell it, so give it proof.

Three things I'm good at, or hard things I've already gotten through:

1. _____
2. _____
3. _____

My one shift

Don't try to change everything at once. Pick one habit to start this week.

MY COMMITMENT	
The one habit I'll build	
When I'll do it	
Who will keep me accountable	
My scaled-down version for hard days	

MAKE THE SHIFT TODAY

Don't wait until you burn out. Don't wait until life hands you something heavy. Make the shift today.

Hard things don't get easier, but we get stronger.

Your thoughts | Your community | Your actions