Weber State University

Celebration of Everyday Heroes

A support paper

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BIS 4800

Dr. Michael Cena

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Introduction

I decided to do a creative project for my BIS capstone because I desired to use my knowledge from my three areas of emphasis in health promotion, exercise science, and sports medicine to help those who suffer from chronic stress and Post-Traumatic Stress Disorder (PTSD). The population that I elected to focus on is the local policemen, firemen, emergency medical services, and military in the community. I chose to put together an event in celebration of these men and women who put forth so much to help those in need. The event was held on February 24th, 2016 from 6:00-10:00PM and consisted of a free climbing clinic at the Weber Rocks Climbing Wall. In addition to climbing, massage tables were set up as well as other stress-relief activities.

The intention of this event was to encourage emergency care workers and military to explore and learn new outdoor activities and stress relief techniques that may help them cope with PTSD or other stresses associated with their career. A brochure was handed out at the event that provided useful information about exercise, outdoor activities, and stress relief techniques (see Appendix A). I believe that this information could lead to effective stress management which, in turn, could potentially positively affect their career and overall wellbeing. I also created a PowerPoint for additional tips and tricks about exercise and other stress relief techniques that ran continuously at the event (see Appendix B). The event allowed me to reach out to those in the community and share useful information that I have researched and acquired throughout my education. I was lucky enough to partner with the Weber State Outdoor Program, the Weber State Stress Relief Center, Weber State Veterans Services, and BodyWorx massage therapy school so that I could successfully put together this event.
Overview of Academic Areas

Health promotion was incorporated through the teaching process that I used to educate those who participated in the event. In that sense, I served as a health education specialist by putting together the event and relaying important information that could potentially improve overall health and wellbeing. Exercise science was incorporated by examining how exercise and outdoor activities can help those who suffer from chronic stress and PTSD. By researching this, I was able to find the appropriate information that I may relay to the community. Sports Medicine was incorporated by researching the psychology of sport injury and how it relates to the same psychological aspects that emergency care workers experience with chronic stress and PTSD. I will be able to use this information to help participants who may struggle returning to activity after a traumatic event.

Health promotion

The process of planning this event began with accessing existing information and data related to health. For this event, I researched several databases (e.g. PubMed, ScienceDirect, MEDLINE, etc.) in order to find information about the prevalence of chronic stress and PTSD among police, fire, EMS, and military, including search terms such as anxiety and depression. It is commonly known that people who work in the military and emergency services deal with highly stressful situations and thus could potentially deal with higher stress levels. In a systematic review done by Caddick and Smith, the incidence of Post-Traumatic Stress Disorder among veterans returning from Iraq and Afghanistan was as high as 31%, and numbers are steadily on the rise (9). In contrast, up to 69% of EMS professionals did not have enough time to recuperate between traumatic events, and there is a direct correlation between more years of
experience and higher stress levels (Bentley et al. 330-335). It is no doubt that the variable of high stress is present among all of these populations.

Another major part of the research process for this event consisted of looking into different methods of treatment and coping. These different methods included exercise therapy, outdoor activities, and mind-body practices such as yoga, stretching, massage, etc. I found countless research into how exercise and sports can help those with PTSD and chronic stress from traumatic events. Physiologically, exercise is something that holds promise and is established as improving overall quality of life, but new research shows that, “When augmented with usual care, structured exercise incorporating resistance training and walking improves symptoms for people with post-traumatic stress disorder” (Rosenbaum, Sherrington, and Tiedemann 350). Mind-body practices have also shown to be useful in the management of stress. One study found, “Mind-body practices incorporate numerous therapeutic effects on stress responses, including reductions in pain-tolerance, self-esteem, energy levels, ability to relax, and ability to cope with stressful situations” (Kim et al. 827).

With the knowledge that exercise and stress relief activities could help, it became the building blocks of how I approached this event. In addition to these findings, I found some very noteworthy approaches that I did not expect to find. People with PTSD are less likely to engage and partake in regular physical activity or sport activities compared to pre-diagnosis (Rosenbaum, Sherrington, and Tiedemann 351). This could be because of the depressive effects of stress, but it was something to consider when planning this event because of the struggles that I would face when trying to get this population to attend and participate in the event. Further, another study showed that social support and self-efficacy could help in improvement of mental health in emergency service workers and could enhance their overall well-being (Shakespeare-
So, it was not only important to think about the ins and outs of the event itself, but how it would show support and awareness for the unspoken burden of stress despite the possibility of a small turnout.

The next step was to develop a plan for the delivery of this health promotion event and coordinate the logistics necessary. I started by proposing the event to my supervisors at the Weber State Outdoor Program. As an employee, I have the opportunity to create and propose different adventure programs. I put together an event planning and proposal packet that included an event cover sheet, event itinerary, emergency plan, and event budget planning sheet (see Appendix C for the event cover sheet). A meeting was set to talk about my ideas and plans for this event. Once the event was approved, a date was chosen and the Weber Rocks Climbing Wall was reserved for Wednesday, February 24th, 2016. I chose this date because it allowed me all of January and most of February to prepare. I decided to do the event later at night, from 6:00-10:00 PM, so that the participants and their families could have time to eat dinner beforehand and come prepared for the event.

After the day was set, I began to involve other partners and stakeholders in the planning process. I sent an e-mail to Michael Olpin, who oversees the Weber State Stress Relief Center, explaining to him the purpose of the event and asking if he would like to get involved by allowing the Stress Relief Center to be open that night. I also asked if he would allow at least 2 interns to run the center for the night. Another e-mail was sent to Heber Blackner from BodyWorx massage therapy school, to inquire about him providing at least five students to volunteer to provide massages for the night. I chose these organizations because it would not only benefit my event, but it allowed for the opportunity for the interns to get some extra hours for their internship and the massage students to get extra practice on patients. I also went into the
Veterans Services office on campus to see if they would like to set up a table and provide their own resources at the event. I ended up working with David Tomczak, who works with Veterans Services, to be at the event and provide useful information for veterans.

A major part of this project involved marketing for the event, not only on campus but to the public as well. I worked with Kelly Boyce who is the marketing and operations coordinator for campus recreation to put together a marketing design for this event (see Appendix D). The design was put into small posters, flyers, and e-mail attachments. Funding for the printing came from The Weber State OP budget for this event, upon approval from Daniel Turner, who is the OP coordinator. I posted the posters throughout campus and handed them out to every police and fire station in north and south Ogden, as well as Roy, Sunset, and other surrounding cities. The posters and flyers were handed out at least a month before the event. I also went to the Veterans of Foreign Wars (VFW) on 12th street in Ogden to hand out several posters for not only the VFW, but so they could take some up to Hill Air Force Base because I did not have access. In order to get more posters out to Hill AFB, I sent an e-mail to Steve Penhorwood, who is over Hill’s outdoor recreation programs, to inquire about meeting and giving him posters and flyers so that he could hand them out on base. Unfortunately, I never received a reply from Steve.

Training the climbing wall staff took place at the OP’s monthly staff meeting in February, in which all employees were required to attend. I was able to make an announcement about my event and explain to those working the wall that night the purpose of the event and what they would be required to do, which mainly included proper instruction for any new climbers and how to foster a friendly environment and supportive attitude towards participants. Training for the Stress Relief Centers’ interns took place over e-mail. The purpose of the event was explained to the two women who were able to run the center that night, and they were
instructed to run the center as normal and also explain the importance and significance of the stress relief activities offered. The massage students were provided instructions the day of the event upon arrival. They knew the purpose of the event beforehand through Heber but, were instructed to be friendly and explain the benefits of massage for stress management.

Managing financial resources throughout this planning process was achieved by consulting with Daniel Turner. Although there was not a set budget for this event, each cost had to be approved by Daniel beforehand. Each additional OP climbing wall staff were paid normal wages while at the event. Besides the printing costs of the posters and flyers, the only other cost was the $15 OP vouchers that were handed out to each participant and volunteer. Daniel gave me approximately 30 vouchers to hand out, although I only ended up using about 15. All other costs came from my personal budget, which included buying food and snacks for the event and thank you cards for those who attended and volunteered. All other materials used for the event were borrowed from the OP including two tables, a projector, 3 radios, and 5 clipboards (see the Figures portion for pictures of the event).

Just prior to the event, I obtained 15 RSVPs via e-mail. For each RSVP, I e-mailed back and thanked them and gave instructions as well as attached a map (see Appendix E) so that participants would know exactly where to go and where to park. Out of the 15 that sent an RSVP for the event, only 5 participants showed up for the event, along with 2 participants other participants who did not RSVP. The day of the event, I set up white board signs in the appropriate places so that the participants would know where to go because the climbing wall, SRC, and massage room were in three separate locations. The tables were set up next to the climbing wall and the PowerPoint was projected on the wall behind the tables as well as the pamphlets placed on the table. Upon arrival, participants were given a quick de-brief of the
activities offered for the night and they were able to choose which one they wanted to try. The importance and purpose of the event was also given at this time and participants were encouraged to explore new stress management techniques that could help them with the stresses of their job.

Upon leaving the event, each participant was given a quick five question survey to fill out about the overall effectiveness of the Celebration of Everyday Heroes event (see Appendix F). Out of the five surveys given, each participant reported being very satisfied with the event overall. When asked if they would try any of these stress relief techniques in the future, four out of five participants said they would very likely implement the techniques. When questioned if they would come to an event like this in the future, four out of five participants said that it was extremely likely for them to attend again. Overall, I would say the event was a success in terms of implementing an effective health promotion program.

**Exercise science**

This portion of my support paper will incorporate exercise science by reviewing the existing literature and talking about the prevalence of risks factors for cardiovascular disease among this population and how exercise and outdoor activities can help those with anxiety, depression, and chronic stress or PTSD. When it comes to exercise, the physiological benefits are endless and the research to support this continues to grow. As health care professionals, it is imperative to examine these benefits to improve the overall quality of life for the population involved. As Rosenbaum, Sherrington, and Tiedmann stated earlier, new research has shown that exercise improves overall symptoms of depression and cardiometabolic risk in people with PTSD and when augmented with usual care, structured exercise improves symptoms of PTSD.
beyond usual care alone (351). Although exercise may not be a cure all for people with cognitive disorders, it can certainly aide in the treatment and act as an effective coping strategy.

Occupational stress and obesity are very prevalent among emergency workers and paramedics in particular. Stress can lead to overeating, tobacco use, and alcohol consumption, which in turn leads to an increased risk of cardiovascular disease. According to the World Health Organization, cardiovascular disease contributed to 29% of all deaths worldwide in 2008 and could reach as high as 35% by 2030. In a study done by Hegg-Deloye et al, an upwards of 88% of paramedics reported at least one risk factor for cardiovascular disease (973). This study also demonstrated “a higher prevalence of overweight male and female paramedics than in the general population” (Hegg-Deloye et al. 976). These statistics are directly correlated to the increased amount of occupational stress among this population and call for organizational strategies to increase awareness as well as prevention strategies (Hegg-Deloye et al. 979).

In another study done by Babson, et al, PTSD is highly prevalent among military personnel and has increased by 60% between 2001 and 2007, and despite current treatments, improvement is poor and symptoms still persevere after treatment (15). The purpose of this study was to evaluate the interactive role of exercise and sleep on veteran recovery from symptoms of PTSD. Poor sleep quality is one of the most reported symptoms by veterans and the results of Babson’s study showed that, “individuals who engaged in moderate mileage exercise and who had poor sleep quality reported the lowest level of hyperarousal symptoms at discharge” (Babson et al. 17). Exercise was not only shown to reduce hyperarousal symptoms of insomnia but, it was also showed that exercise interventions further optimized treatment outcomes. This research is mainly promising because an exercise intervention is highly accepted among veteran
populations, where engagement in treatment is a significant barrier that health professionals must face (Babson et al. 18).

The usual care for PTSD involves pharmaceutical intervention, group therapy, and psychotherapy. In a study done by Rosenbaum, Sherrington, and Tiedemann, a 12-week exercise program was augmented in addition to usual treatment of PTSD (350). Each exercise protocol was based off the American College of Sports Medicine’s guidelines. Baseline measures of health included resting heart rate and blood pressure, body mass index, body fat percentage, and waist circumference. The 6-minute walk test was used to test cardiorespiratory fitness and grip strength was evaluated using a dynamometer device. After the 12-week program was implemented along with usual care, mental and physical health among the participants improved significantly (Rosenbaum, Sherrington, and Tiedemann 356). Improved mental health outcomes included not only decreased symptoms of PTSD but also decreased depression, anxiety, stress, and PTSD-related sleep disturbances (Rosenbaum, Sherrington, and Tiedemann 356). Decreased waist circumference, body weight, and body fat percentage were also reported after the 12-week exercise program (Rosenbaum, Sherrington, and Tiedemann 356).

Another noteworthy reading that I found during my research is a study done by Patki, et al, in which moderate treadmill exercise is examined in the improvement of anxiety and depression-like behavior as well as memory impairment (47). Interestingly enough, this study was done on rat models with PTSD. This study also noted that those who suffer from chronic stress and PTSD tend to exercise less and also reported poor compliance to medications (Patki et al. 48). “Among the several proposed animal models of PTSD, the SPS model reproduces most of the neuroendocrinological deficits seen in PTSD patients” (Patki et al. 50). Moderate treadmill exercise was able to reverse the effects of SPS (single-prolonged stress) which is suggestive of a
rescue effect of physical training (Patki et al. 50). In addition to decreasing anxiety and depression-like behavior, this study also found that moderate treadmill exercise improves short and long term memory in SPS rats. This is pertinent because short-term memory deficits were shown to be prevalent among Vietnam veterans with PTSD (Patki et al. 51).

When it comes to participating in outdoor activities, being active outside can have the same therapeutic effects of exercise. “As a form of physical activity, adventurous training is familiar to military personnel and hence may be a particularly appropriate intervention” (Carless et al. 124). This study included both veterans with physical disabilities as well as mental health problems. It is something to keep in mind when suggesting an exercise program for those that work in emergency services and the military because they may be more inclined to participate in alternative outdoor activities rather than a cookie cutter gym program. Using teamwork based activities may also be beneficial when advising this population to increase overall fitness to improve cognitive function.

Depression is truly debilitating condition that has significant negative effects on quality of life. This condition can be a symptom of PTSD or a problem in and of its own. In a systematic review done by Stanton and Reaburn, they examined the growing interest of using exercise as a treatment for depression and reviewed the exercise program variables (177). Although each of the studies reviewed had specific interventions with differences in duration of study, baseline depression scores, and assessment methods used, this review showed that there is excellent promise in the use of exercise as the main treatment of depression. Out of the 12 studies that qualified for this review, “There is evidence for the use of supervised aerobic exercise, undertaken three times weekly at moderate intensity for a minimum of nine weeks in the
treatment of depression” (Stanton and Reaburn 171). Something to consider with this study is that the program variables for the treatment of depression is not substantially different than that of the general population (Stanton and Reaburn 182). Exercise has been shown to improve overall cognitive function, which could be why exercise as treatment could improve symptoms of depression with the same variables as the general population but, further studies are needed.

**Sports medicine**

Throughout my research, I found that the psychosocial aspects of sport injury can be directly related to the same psychological aspects that emergency care workers and military experience with chronic stress and PTSD. Although further study is necessary, this information is useful when considering that this population has a hard time returning to usual activities and exercise after a traumatic event, particularly an event that caused a significant injury (Rosenbaum, Sherrington, and Tiedemann 351). Athletes deal with acute and chronic injuries every day and these injuries can cause overwhelming feelings of emotional distress, identity concerns, and worries about future athletic achievement. The same could be said about veterans and emergency care workers who have a significant physical injury and have trouble returning to activity. In veterans who have suffered major cognitive and physical impairments, problems with psychosocial adjustment or return to the civilian world is a major obstacle when considering proper treatment. Death is less frequent and more war-wounded are returning with complex, multiple injuries in unpredictable patterns (Siddharthan 123). In contrast, those who work in emergency settings also suffer from mental and physical work-related injuries (Avraham, Goldblatt, and Yafe 195).

For athletes, military, and emergency care workers alike, the psychosocial reaction to an injury is quite similar, which means it is much more than a physical event. By understanding the
psychological responses to injury, one can facilitate this populations’ emotional coping and response to rehabilitation behaviors. It is also important to note that emotional responses have a major impact on the body’s healing process, stress and negative emotions can influence hormone regulation and limit blood flow to the injured limb (Hamson-Utley 20). Grief loss and stage models have been embraced suggesting that athletes may experience a similar response to injury. This model includes disbelief, denial, isolation, anger, bargaining, depression, and finally acceptance and resignation (Hamson-Utley 21). For veterans with PTSD, disbelief, anger, and depression are major obstacles faced during rehabilitation (Caddick and Smith 10). Veterans have a hard time coping with the fact that after a physical or mental injury, they may not be able to perform as they once did which could be self-perceived as overall weakness and worthlessness (Caddick and Smith 11).

“Although injury is an individual experience, its impact is shared, experienced and influenced via social relationships on the field of play” (Hamson-Utley 4). Athletic trainers must take into consideration socio-cultural aspect of each individual injury. Athletes are influenced by coaches, family, fans, media, etc. and this directly effects the athletes’ attitude and behavior toward rehabilitation (Hamson-Utley 4). The same could be said about emergency service workers; social support and self-efficacy from coworkers and family has the potential to improve psychological well-being and posttraumatic growth (Shakespeare-Finch, Rees, and Armstrong 549). This information is important when considering a rehabilitation program for those who have suffered a work-related injury. It is vital to not only treat the injury in itself, but ask critical questions about sub-cultures and specific contexts that surround that person’s life to help advance them into recovery.
Several psychological interventions have shown to be useful by athletics trainers when an athlete is returning to play. Psychological interventions enhances the rate or quality of sport injury rehabilitation, these interventions include goal setting, imagery and relaxation, and overall stress management (Hamson-Utley 29). In a recent review done by Avraham, Goldblatt, and Yafe, paramedics’ experiences and coping strategies were evaluated and the use of imagery proved to be a significant coping mechanism among others (194). Ambulance personnel prepared themselves for a call by using an inner dialogue, “While imaging the type of coping that awaited them, this dialogue helped them to remain alert and to deal with anticipatory stress” (Avraham, Goldblatt, and Yafe 195). In this same study, emotional and cognitive detachment proved to be a significant approach when coping with the day’s events (Avraham, Goldblatt, and Yafe 200).

When an athletic trainer is tasked with rehabilitating an athlete with a life-changing injury, it is imperative to consider using somatic and cognitive relaxation in response to pain (Hamson-Utley 30). Veterans must also find a way to de-stress once a mental or physical injury occurs. In one study done by Caddick and Smith, veterans’ who participated in outdoor activities to relieve stress they, “described their feelings of appreciation for the beauty of nature around them, and the sense of peace and happiness they experienced while surrounded by the natural world” (13). Although further studies are needed, perhaps the use of outdoor activities can begin to be an alternative to clinical or medical treatment settings for both athletes and veterans. This participation can begin a catalyst for improvement in other aspects of veterans’ lives including exercise habits, eating habits, and smoking cessation (Caddick and Smith 13). General stress relief in response to pain is just one of many psychological interventions to consider when treating an injury.
Modelling and goal setting is an imperative part of the return-to-play process for athletic trainers, “they can be helpful in building injured athletes’ confidence regarding their return-to-play participation” (Hamson-Utley 58). Models, both in person or via video-tape, can provide comfort and reduce anxiety about potential unknowns by sharing their own experiences and challenges (Hamson-Utley 58). Similar models are also used by paramedics after a critical incident to cope with difficult memories, which is accomplished by conversing with someone who would serve as “a container for emotions” (Avraham, Goldblatt, and Yafe 195). Further, positive interaction or serving as a comfort for the injured patient is just as vitally important as treating the physical injury. Using goals throughout the rehabilitation process is another way to help those with a physical and mental injury, it can burst further confidence and increase overall morale (Hamson-Utley 59).

Conclusion

Throughout the delivery of this health promotion event, I was able to use my three areas of emphasis, my love for the outdoors, and knowledge of stress relief activities to theoretically help those who suffer from chronic stress and PTSD. The intention of this event was to encourage emergency care workers and military to explore and learn new outdoor activities and stress relief techniques that may help them cope with PTSD or other stresses associated with their career. Throughout my research, I was able to incorporate exercise science by exploring how exercise, outdoor activities, etc. can help those who suffer from chronic stress and PTSD. Further, I incorporated sports medicine by relating the psychological and psychosocial aspect of an athletes’ injury to that of the mental and physical injuries from emergency care workers and the military. All in all, I gained valuable knowledge and experience through serving as a health education specialist and incorporating my three areas of emphasis to help others.
As you become more stressed, your breathing becomes more shallow and erratic—thus transporting less oxygen throughout your body at a time when it needs it most.

**Relaxation Breathing**

Focusing on your breathing can make you immediately more relaxed and is a quick fix when you notice signs of stress.

Sit in a comfortable position. Close your eyes and relax your muscles.

Focus on your breathing. Breathe slowly and naturally.

Select a word, any word, such as “still.” Repeat this word each time you exhale either silently or in your head.

When outside thoughts intrude, simply return to the selected word. Maintain a passive attitude if any interruptions occur.

Continue for a set period of time and repeat this technique whenever you feel stressed.

_A simple way to reduce the impact of stress is to slow down…_
Here are a couple of thoughts...

If you’re alive, you’ve got stress. Stress is a natural physical and mental reaction to both good and bad experiences that can be beneficial to health and safety. This is commonly called the fight or flight response.

This fight or flight response causes increased heart rate and blood pressure, increased blood glucose levels, dilated pupils, sweating, as well as causes the digestive system to slow down and the immune system to weaken.

Stress can be triggered by several different things. Responsibilities of work and home life, physical illness, or traumatic experiences can cause your body to remain in an elevated stress state far longer than needed for survival. This causes chronic stress.

The challenge is recognizing the stress response and changing it...

What can you do to combat chronic stress?

Exercise

This one is a no brainer! Exercise is the most underutilized anti-stress technique. So grab a friend and get your body moving! Just do it. Exercise has been found to improve sleep, decrease anxiety and depression, and increase overall wellness.

You do not need to exercise vigorously to gain benefits. Any physical activity, such as walking can help with stress.

“Stress is not what happens to us. It’s our response TO what happens. And response is something we can CHOOSE at any moment.” –Maureen Killoran
Nutrition

Having a well-balanced diet is an important part of managing stress. A steady supply of nutrients such as vitamins, trace minerals, healthy fats, electrolytes, and protein can help your brain handle stress better, therefore benefiting your entire body.

Stress relief techniques to try...

- Sign up for a yoga class.
- Practice different types of meditation.
- Get quality, uninterrupted sleep.
- Talk about it! Seek counseling. De-brief.
- Get a massage.
- Repeat positive affirmations out loud.
- Practice deep breathing.
- Listen to relaxing music.
- Take a walk outside. Enjoy nature.

The goal is to find what stress relief technique works for you and stick with it!

Police, Fire, EMS, and military have some of the most stressful jobs in the business. BUT LUCKILY, WE CAN DO SOMETHING ABOUT IT!

The purpose of this event is for you to explore and learn some useful stress relief techniques SO CLIMB, RELAX, ENJOY, AND...LEARN!!!
Exercise

This one is a no-brainer. Exercise is the most underutilized stress-reduction technique. So grab a friend and get your body moving—just do it. Exercise has been found to improve mood, decrease anxiety and depression, and increase overall wellness.

You do not need to exercise vigorously to gain benefits. Any physical activity such as walking can help with stress.

Nutrition

Having a well-balanced diet is an important part of managing stress. A food supply of nutrients such as vitamins, trace minerals, healthy fats, carbohydrates, and proteins can help your brain handle stress better, thereby benefiting your entire body.

Outdoor Activities

Whether it’s hiking, sailing, climbing, fishing, or camping... it all gets outdoor food your fun. Visit information.

Findings from mental health reports that being active in a natural environment was generally linked to less stress.

Veterans diagnosed with PTSD reported that being in the outdoor world was more appealing when it compared to a clinical or medical treatment setting, and this helped facilitate a comforting sense of normalcy in veteran’s lives.
**Massage Therapy**

Chronic stress commonly causes tense muscles, tension, which can lead to discomfort and headaches or migraines.

Massages can be a great way to relax and allow any muscle tension to build up. Just ask any of the experts from Body Worx massage therapy school!

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**Namaste... Yoga**

Yoga is the perfect way to combine exercise and stress relief. Join a class, buy a DVD, or call a friend.

Complementary and alternative therapies like yoga are increasingly used for the treatment of chronic illness, depression, anxiety, and PTSD. Although further studies are needed.

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**Essential oils**

Essential oils are natural oils typically obtained by distillation and having the characteristic fragrances of the plant or other source from which it is extracted.

Aromas can be a great way to promote relaxation. For example, lavender has been shown to help relax and calm nerves as well as aid in a better night’s sleep.

Want to try some out today? Check out the Waibl State Relief Center.
Meditation...
Ommmm...

There are many different forms of meditation, but it is defined as the engagement in mental exercise. To spend time in a quiet thought.

Grab one of the brochures to try out a form of meditation called relaxation breathing.

There are many other different forms of stress relief but the goal is to find what works for you, and stick with it!

Special thanks to:
The Weber State Outdoor Program
BodyWork Massage Therapy School
The Weber State stress relief center

Thanks for making this event possible!
### Appendix C

**WSU Outdoor Program**

**Campus Recreation**

**Trip Planning Cover Sheet**

<table>
<thead>
<tr>
<th>Trip Name/Activity:</th>
<th>Celebration of Everyday Heroes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Destination:</td>
<td>Yellow Rocks Climbing Wall</td>
</tr>
<tr>
<td>Field Supervisor/Trip Leader:</td>
<td>Jennifer Shaner</td>
</tr>
<tr>
<td>Assisting Staff:</td>
<td>Climbing Wall Staff</td>
</tr>
<tr>
<td>Departure Date and Time:</td>
<td></td>
</tr>
<tr>
<td>Return Date and Time:</td>
<td>February 24th 6-10pm</td>
</tr>
<tr>
<td>Late return Date and Time (SAR called if not back by this time):</td>
<td></td>
</tr>
<tr>
<td>Pre-Trip Meeting Date and Time:</td>
<td></td>
</tr>
<tr>
<td>Number and Type(s) of Vehicles Needed:</td>
<td>(Pick-up truck, Expedition, Explore, Mini-van, Car, Trailer(s), Rocket Box)</td>
</tr>
<tr>
<td>Prepared By:</td>
<td>Jennifer Shaner</td>
</tr>
<tr>
<td>Date:</td>
<td>1/24/2015</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pre-Trip</th>
<th>Leave at OP</th>
<th>Take-In-Field</th>
<th>Post-Trip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trip Itinerary &amp; Emergency Plan</td>
<td>Assumption of Risk Forms</td>
<td>Trip Manual</td>
<td>Log hours worked</td>
</tr>
<tr>
<td>Trip Budget</td>
<td>Medical Questionnaire copies</td>
<td>SOAP Note(s)</td>
<td>Complete Trip Report</td>
</tr>
<tr>
<td>Group Gear List and gear packed</td>
<td>Participant copies and trip leaders</td>
<td>Incident Report</td>
<td>Complete training checklist/log</td>
</tr>
<tr>
<td>Personal Gear List and gear packed</td>
<td>Emergency Contact Sheet</td>
<td>Emergency Call Guide</td>
<td>Submit petty cash/p-card receipts</td>
</tr>
<tr>
<td>Run pre-trip meeting</td>
<td>Trip Itinerary &amp; Emergency Plan</td>
<td>Trip Itinerary &amp; Emergency Plan</td>
<td>Return vehicle</td>
</tr>
<tr>
<td>Participant gear on contracts</td>
<td>Medical Questionnaires</td>
<td>Medical Questionnaires</td>
<td>Clean and shovel gear</td>
</tr>
<tr>
<td>Group gear on OP contract</td>
<td>Emergency Contact List</td>
<td>Emergency Contact List</td>
<td>Clean dishes/cookware</td>
</tr>
<tr>
<td>Purchase food/gear if needed</td>
<td>First Aid Kit</td>
<td>First Aid Kit</td>
<td>Dispose of trash, recycling</td>
</tr>
<tr>
<td>Driving directions</td>
<td>CP Card/Supervisor P Card</td>
<td>CP Card/Supervisor P Card</td>
<td>File Assumption of Risk forms and</td>
</tr>
<tr>
<td>Gear Vehicle Request Form(s) signed</td>
<td>Copy of permit (if applicable)</td>
<td>Copy of permit (if applicable)</td>
<td>Medical Questionnaires</td>
</tr>
</tbody>
</table>
In appreciation for all that our police, fire, EMS, and military personnel in the area do, we would like to invite all of our everyday heroes and their families to a night of fun and relaxation at the Weber Rocks Climbing Wall on Wednesday February 24th from 6-10pm. RSVP Required. Hope to see you there!

Located at: Weber Rocks Climbing Wall
Inside the Wildcat Center of Weber State University

FREE CLIMBING
FREE MASSAGES
GIFT CERTIFICATES

WEBS STATE UNIVERSITY
Campus Recreation

WEBS STATE UNIVERSITY
Campus Recreation

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Campus Recreation

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Campus Recreation

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Campus Recreation

RSVP TO JENNA AT JENNASHANER@MAIL.WEBER.EDU

WEDNESDAY
FEB. 24TH
6-10PM
Appendix E

New entrance from A8 parking lot
Appendix F

‘Celebration of Everyday Heroes’ Survey

Overall, how satisfied or dissatisfied were you with this event?

- Very satisfied
- Somewhat satisfied
- Neither satisfied nor dissatisfied
- Somewhat dissatisfied
- Very dissatisfied

Did you feel as though you learned more about different stress relief techniques?

- Yes
- No
- Somewhat

Will you try any of these stress relief techniques in the future?

- Very likely
- Somewhat likely
- Not so likely

How knowledgable were the staff at this event?

- Very
- Moderately
- Not so much
- Not at all
- Not applicable

Would you come to an event like this in the future?

- Extremely likely
- Very likely
- Somewhat likely
- Not so likely
- Not at all likely
Figures

Figure 1

![Figure 1 Image]

Figure 2

![Figure 2 Image]
Figure 3

Figure 4
Works Cited


