



Humboldt Bay Fire News Release

533 C St.
Eureka, CA 95501
(707) 441-4000



Smoke Alarms Save Lives.

February 5th 2020

FOR IMMEDIATE RELEASE

Subject : Yoga for First Responders – Increasing our Mental & Physical
Wellness

Contact : Amy Conlin, Community Risk Reduction Specialist, 707-441-4000

Humboldt Bay Fire has partnered with *Yoga for First Responders* to bring yoga to the fire floor and support the mental and physical health of our team.

Not only are firefighters more likely to die by suicide than on duty, but rates of depression and PTSD amongst fire personnel are 5 times higher than those of the general population.

This new practice adds to our existing Wellness Program including a Peer Support team, annual physicals, Behavior Health Awareness & Mental Health trainings, and Employee Assistance Program.

We believe this implementation will increase crew resiliency to high stress situations and improve long-term job survivability. In addition, regularly practicing yoga has been shown to decrease injury and increase recovery time in first responders, as well as positively impact neuroplasticity and heart rate variability regulation. A healthier crew means that HBF is better prepared to serve the community at the highest standard.

We are so excited to work with our local Yoga for First Responders instructor, Jennelle Crnich, and look forward to a happy and healthy 2020.

For more information: <https://www.yogafirstresponders.org/>

#####