

ESF IMPACT

newsletter

ISSUE 01, 29 APRIL 2020



A new mindfulness tool to help boost resilience

The Emergency Services Foundations (ESF) is encouraging Victoria's emergency management people to take some time each day for their own selfcare. ESF has worked with leading mindfulness expert and clinical psychologist, Dr Richard Chambers, to develop a suite of short guided meditations especially designed for people in emergency management to calm their mind, de-stress and unwind more easily.

Research shows that mindfulness meditation literally rewires the brain, strengthening our ability to stay focused - even when things are stressful, unpredictable and constantly changing.

In an Australian first, these bite-sized guided meditations provide people a simple tool they can access anywhere, anytime to help boost mental resilience and wellbeing. ESF has worked with agencies and key sector stakeholders to spread the word about the program. Judging by the number of downloads this program is meeting an important need and demonstrates how we can be better together.

You can download the program [here](#).



APPLIED LEARNING

ESF's mindfulness program was developed with assistance from Dennis Smith (MFB). Dennis was the recipient of a 2019 ESF scholarship to investigate how mindfulness programs are best designed and implemented for people in high pressure roles.

Dennis's report recommends that:

- the sector works collaboratively to implement a pilot teacher led mindfulness program contextualised for the sector, and
- that ESF partners with a university to develop and evaluate a trial program focusing on people in IMT roles.

You can read Dennis's full report [here](#)



2020 ESF SCHOLARSHIPS

ESF scholarship applications for 2020 are now closed.

Applications will be reviewed by the selection committee which includes Craig Shepherd (VicPol and ESF alumni), Greg Gibson (AV and ESF alumni), Prof David Forbes (Phoenix Australia & ESF Board member), Amanda Smillie (VicPol & WorkWell Learning Network), Stephen Walls (CFA & ESF alumni).

ESF is looking for topics which will build the evidence base in the area of mental health and wellbeing.