



SMART

Stress Management and Resiliency Training
FOR FIRST RESPONDERS



Conducted by HEART 9/11 in partnership
with the Texas Law Enforcement Peer Network



ABOUT THE PROGRAM

Through this program, responders learn a variety of self-care interventions, allowing them to build a course of action to manage stress, to improve overall health and wellbeing, and to achieve a robust level of personal and professional resiliency.

IN ADDITION TO HAVING A PROVEN RECORD FOR CLINICAL EFFICACY, THE PROGRAM:

- Was created by first responders and taught by first responders;
- Provides self-care tools to decrease stress, regain a sense of control and reduce medical symptoms;
- Utilizes the three core components of the BHI SMART Program;
- Teaches Relaxation Response, Stress Awareness and Adaptive Strategies to develop resiliency.

TIME/DATE/LOCATION

8:00AM - 4:00 PM
September 20, 2024

Lakeway Police Department
1941 Lohman's Crossing
Lakeway TX, 78738



For additional information contact **Kate Powell**
Katepowell@lakeway-tx.gov • (512) 261-2824



Scan to Register

To Register Visit <https://www.surveymonkey.com/r/LakewayTX>