

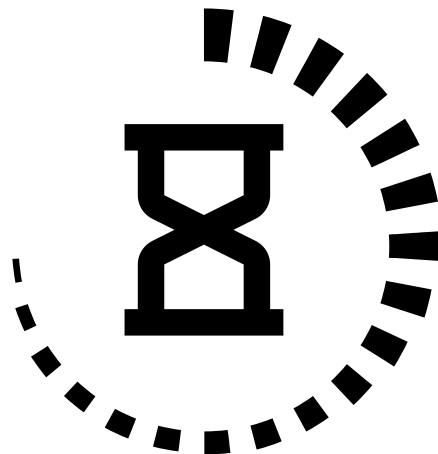


Tool of the Month: Intentional Margin “Calendar Buffer Time”

Ever feel like you're sprinting through your day with zero breathing room? That constant motion isn't just draining, it's costing you focus. Research by Gloria Mark at UC Irvine found it takes an average of 23 minutes and 15 seconds to fully regain focus after being interrupted, even if it's just a quick email check or notification. Despite thinking we're back on track, productivity and accuracy don't return that fast.

Try this:

- Build in a 10–15 minute buffer between calls, meetings, or high-stress tasks.
- Treat that buffer as sacred downtime, step away, stretch, breathe, or do nothing at all.
- Start small: even a 5-minute buffer before the toughest transitions can make a difference.



Why it matters:

- Preserves focus and minimizes stress by reducing the “attention residue” from task switching.
- Creates small recovery moments throughout the day—much more sustainable than waiting for a day off.
- Helps maintain a sense of control and calm, especially in fast-moving situations.

*Try
it*

Pro Tip:

Add buffer blocks before two meetings or calls and see how much clearer and calmer your day feels.

New Training Announcement: First Responder Spiritual Resilience Training

We're excited to announce that KCCRT's Spiritual Resilience Training has received final approval and will soon be available statewide.

What it is:

A free, half-day course exploring science-based tools for meaning, purpose, and resilience, no religious or faith requirement.

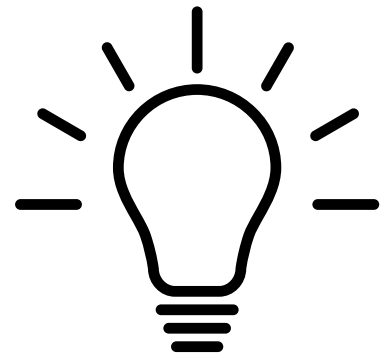


Why it matters:

First responders regularly face trauma, moral injury, and crisis. More than physical or mental strength, sustained resilience also comes from inner meaning, connection, and purpose. This spiritual dimension, recognized by SAMHSA, the American Psychological Association, and the U.S. Department of Defense, is one of the core elements of wellness.

What you'll learn:

- What spiritual resilience means and why it matters in the responder context
- Evidence-based practices that help reduce stress and support recovery
- Practical strategies for cultivating hope, meaning, and connection in challenging situations.



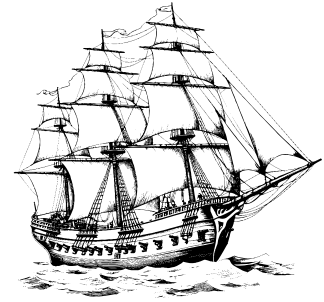
Look for registration information coming soon, this valuable resource will be offered at no cost to agencies across Kentucky.

Once registration is live you will be able to find it on the KCCRT website under the training and resources tab.



History Lesson for Resilience: Shackleton's Antarctic Expedition

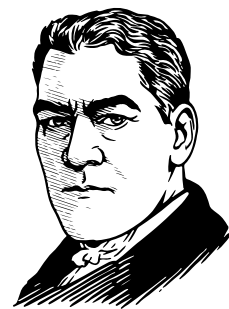
In 1914, explorer Ernest Shackleton set out to cross Antarctica with his crew aboard the ship Endurance. The mission failed almost immediately, the ship became trapped in ice and was eventually crushed. For nearly two years, Shackleton and his 27 crew members were stranded on the frozen continent, facing brutal cold, starvation, and isolation.



Here's the remarkable part: **not a single crew member died.**

How?

Shackleton understood that survival wasn't just about rations and gear, it was about morale. He rotated seating at meals, so cliques didn't form. He enforced routines, even small ones, to create stability. He told jokes, kept spirits up, and maintained relentless optimism in front of his men.



His leadership turned a hopeless situation into one of history's greatest survival stories.



The lesson for us

In crisis work, we can't always control outcomes. But like Shackleton, we can influence how people experience the storm. Maintaining connection, humor, and steady presence, even when things look bleak, can be the difference between collapse and resilience.

Sometimes, the most life-saving tool we carry is our attitude under pressure.



Reflection:

When have you been in a situation you couldn't change, but your attitude made a difference?

Did You Know?"

Research shows that people who write down three good things at the end of each day report higher resilience and 25% lower stress after just two weeks (University of Pennsylvania, 2015).

Try this:

At the end of your day, jot down:

1. One thing that went well
2. One person you were glad to see
3. One way you showed up today



Small practices like this shift focus from what went wrong to what gave meaning.

Spotlight: Staying Connected

Amid deployments, calls, and schedules that stretch unpredictably, connection is one of our strongest defenses against stress and isolation. A quick message, "Thinking of you," or "How are you holding up?", can make a difference.

If you haven't reached out to a fellow KCCRT member in a while, take a moment to do so today. It builds mutual support, goodwill, and a reminder that you're not alone.

Need a phone number of a member to reach out? Send an email to kccrt@ky.gov and we can assist.



Dad Joke Corner

What do you call a pile of cats?

— A meow-tain. 🐱🏔️

Why did the bicycle fall over?

— Because it was two-tired.



Why do bees have sticky hair?

— Because they use a honeycomb. 🐝🍯