



Tool of the Month: The Pocket Note Technique

Responders carry more mental weight than most people ever see. Even on “quiet” days, your brain is processing details from calls, your last conversation with a family member, the tone in someone’s voice that didn’t sit right, or the shift that ran long the night before. Add in the bigger stressors—critical incidents, tough scenes, or supporting someone through a traumatic event—and the mind can quickly feel overcrowded.

The Pocket Note Technique is a simple way to create just a little space. It’s not journaling, it’s not reflection time, and it doesn’t require sitting down or unloading your emotions. It’s more like taking a snapshot of what’s sitting at the top of your mind so it stops bouncing around in the background.

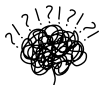
How it works:



Keep a small notepad, folded index card, or notes-app shortcut handy.



After a tough moment or call, write one short line, a sentence, phrase, or even a single word.



Don’t overthink what you put down.



Move on with your shift.



Over time, these tiny notes help release mental pressure, sharpen focus, and create a clearer headspace for what comes next. It takes less than 15 seconds, requires almost no effort, and is something you can use in a patrol car, an ambulance bay, or while walking back to the station.

Pro tip:

Try using this right before a debrief or shift change. You’ll enter the conversation more focused and grounded.



KCCRT Member Directory

Now Open

We're launching the KCCRT Member-Led Directory, a secure, voluntary directory to help members connect for deployments, peer check-ins, or simply grabbing coffee with someone in your area.

Add your information here (optional):

CLICK HERE

Why this matters:

- Quickly find members in your region when a request comes in
- Strengthen peer support and regular check-ins
- Build connection across counties and disciplines
- Reduce isolation by knowing who is nearby


Participation is ***optional and limited*** to active KCCRT members. Once the form is finalized, we will share out to all KCCRT members for use.

Upcoming Training

KCCRT Members Only

SAFE Debriefing Training

 December 13, 2025

 8:30 AM – 2:30 PM EST

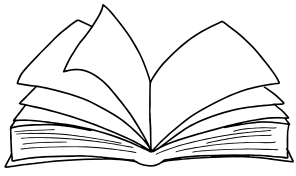
 Capital Plaza Hotel, 405 Wilkinson Blvd, Frankfort, KY 40601

 Cost: Free

 Overnight lodging available for those **traveling 50+ miles**

Register: [CLICK HERE](#)

 **Only 4 spots remain.** Registration closes once the “Yes” option disables.



From History: Corrie Ten Boom

During World War II, the Netherlands was occupied by Nazi forces and daily life changed almost overnight. Communities that once felt stable and predictable were suddenly marked by fear, uncertainty, and the constant possibility of danger. In the middle of this, Corrie Ten Boom and her family continued running their small watch shop in Haarlem, a trade that had been in the family for generations. What many customers never knew, however, was that the shop became a hub of quiet resistance.

The Ten Booms partnered with the Dutch underground to help people fleeing persecution. Their home had narrow staircases, hidden rooms, and makeshift signals, ordinary parts of an old Dutch house that became tools of safety. Corrie and her family coordinated forged documents, ration cards, transportation, and temporary shelter. People from all ages and backgrounds passed through their doors. Some stayed a single night; others stayed longer, waiting for safer routes out of the city. Every decision the family made carried risk, yet they continued because they believed that doing nothing in the face of danger was its own kind of harm.

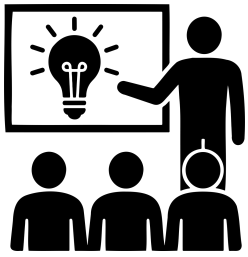
By 1944, the pressure on resistance networks intensified. Informants were everywhere, raids became more aggressive, and consequences grew harsher. In February of that year, the Ten Boom family was betrayed. Their home was raided and more than 30 people connected with their efforts were arrested. Corrie, her sister Betsie, and their father were taken into custody. Their father died shortly after his arrest, while Corrie and Betsie were transported through multiple prisons and eventually to a concentration camp in Germany.

Conditions were brutal overcrowding, forced labor, hunger, and disease were constant realities. Every day presented a new challenge, and routines that once brought predictability were replaced with chaos. What helped Corrie endure were often the smallest acts, not grand gestures. She and other prisoners used scraps of paper, bits of string, or anything they could find to write down brief notes, thoughts, or reminders. These tiny pieces of writing helped them maintain clarity and a sense of internal steadiness in an environment designed to take that away.

These “micro-reflections” were never full journal entries or long stories. They were fragments: a word, a phrase, a brief observation. But they had power. They helped Corrie keep track of time, hold onto meaningful details, and separate the noise of daily stress from what truly mattered. Those scraps of notes became mental anchors, helping her maintain a sense of identity and purpose when everything around her was unstable.

Corrie survived the war, and after liberation, she began speaking across Europe about resilience, recovery, and the long-term process of rebuilding after trauma. Her reflections were not abstract ideas, her experiences had been lived, and her insights were grounded in what had helped real people survive extreme circumstances.





What this Teaches Us Today

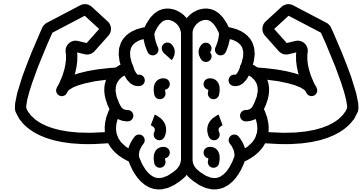
Small reflections matter. Corrie's ability to steady herself with short notes lines up with what modern psychology tells us: even a brief written "snapshot" can help the mind reset after stress.

The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**



Clarity supports good decisions. The resistance work her family did required fast judgment calls under uncertainty. Taking a moment to capture one thought or feeling—just a single line—helps responders today sharpen focus in similar high-pressure moments.

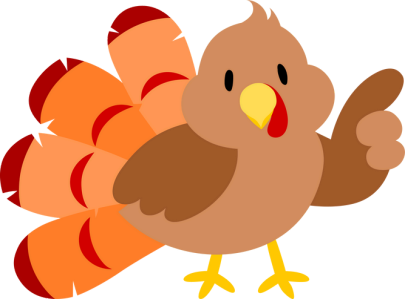
Presence builds resilience. Corrie used micro-moments of awareness to stay grounded despite fear, exhaustion, and unpredictability. Responders use the same principle when shifting between calls, processing tough scenes, or preparing for a difficult conversation.



Human connection is protective. The Ten Boom network relied on trust, communication, and people showing up for one another. Those same ingredients form the foundation of crisis response teams and peer support today.

This is why the Pocket Note Technique isn't just a modern wellness trend. It echoes a long tradition of small, practical strategies used by people who had to remain steady through uncertainty.

One sentence on a notepad may not seem like much, but over time, it can help protect focus, emotional clarity, and the ability to respond with purpose when it matters most.



Happy Thanksgiving

The holiday season brings a mix of joy, stress, travel, and increased call volume. Here are three practical reminders as we head into Thanksgiving:

- 1. Create one block of true downtime.** Even an hour without alerts, planning, or catching up can reset your nervous system. Unstructured rest during busy seasons supports better recovery.
- 2. Pair gratitude with action.** Instead of just feeling thankful, reach out to one peer or colleague and tell them specifically what you appreciate about them. This strengthens connection and has been shown to boost resilience.
- 3. Set one boundary for the holiday.** Something simple like “no work talk at dinner” or “no email after 7 PM.” Clear boundaries help you be fully present with family and still ready when duty calls.



Thank you for the work you do and the impact you make.

Dad Joke Corner



🦃 Why did the turkey play the drums?
Because it already had the drumsticks.

🍂 What do you call a turkey the day after Thanksgiving?
Lucky.

🍁 Why did the cranberry turn red?
Because it saw the turkey dressing.

🍂 Why don't pumpkins ever get into arguments?
They always squash the beef.