



KENTUCKY COMMUNITY CRISIS RESPONSE TEAM

## 2024 ANNUAL CONFERENCE

The KCCRT annual conference is quickly approaching, as is the deadline to register! This year, we are hosting a 2-day conference in Frankfort. We will hear from a retired firefighter and licensed psychologist, have EKU-facilitated focus groups, spend time connecting with other KCCRT members, and participate in various trainings/speaker sessions. Lunch will be provided for both days. You can register for one or both days. Lodging is available FREE of charge if you register by February 29, 2024.

*\*You may register after Feb. 29, but we cannot guarantee lodging after this date.*



## HOLISTIC SELF-CARE

As a Chaplain in the US Army Reserves, I recently contributed to a holistic health and fitness training for one of my assigned companies. The training covered nutritional, sleep, mental, spiritual (my block of instruction), and physical readiness, emphasizing their collective impact on overall health and wellness and urging the integration of each into daily life for holistic wellness and resiliency. Those who serve others can sometimes forget about our own self-care. I want to encourage you to prioritize your own self-care through a holistic lens, reflecting on these questions:



1. Do I exercise?
2. Do I practice stress-management and foster emotional resilience?
3. Do I get enough sleep?
4. Do I try to make healthy food choices?
5. Do I have a daily habit for spiritual/mindfulness health?



[KCCRT@KY.GOV](mailto:KCCRT@KY.GOV)

TEAM  
KENTUCKY.  
CABINET FOR HEALTH  
AND FAMILY SERVICES