



Bulletproof Wellness Academy©

A proactive wellness solution for First Responders and their First Supporters

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in."

-Archbishop Desmond Tutu

WHAT?	<p>Bulletproof Wellness Academy is a PROACTIVE WELLNESS course to help First Responders, as well as their families (First Supporters), respond to the increasingly difficult challenges we face on the daily. While reactive care will always be a component of this profession, we provide proactive tools that will create a strong and healthy foundation and provide resilience in the face of stress and trauma. You don't have to head to the top of a mountain to meditate for hours to see the benefits; we promise to teach you short, useful tools that can be used almost anytime or anywhere. To paraphrase Archbishop Desmond Tutu, we want to catch you before you fall in.</p>
WHY?	<p>It is safe to say that we pay little or no attention to our breathing. Why would we? Our body is set to auto-pilot on this one and we have plenty of other things to think about, right? In times of stress, we tend to engage in shallow or chest breathing that can be rapid or dysregulated which elicits what is commonly known as "fight or flight" responses. Hyper-vigilance is critical for first responders. We get it. A constant state of hyper-vigilance, however, can adversely affect everything from sleep to the immune system to relationships with family and friends. It's all about balance, and we are here to help you find it. We aren't asking you to stop being hyper-vigilant (go ahead and sit facing the door at every restaurant. No judgment here.), we are just making sure doing so doesn't eventually short out your system.</p> <p>Self-regulation techniques, including breathwork and mindfulness practice, have been proven to:</p> <ul style="list-style-type: none"> • Increase physical fitness including strength, flexibility, and endurance. • Enhance resilience and mental toughness (I mean, the Navy SEALs use it.....) • Provide fast and lasting results. • Enhance overall well-being
HOW?	<p>Well, this is the easy part! There are two ways to enroll in Bulletproof Wellness Academy©:</p> <ol style="list-style-type: none"> 1. Head over to the website and click "Enroll Now". This is a ONE-TIME fee that covers both the First Responder and his or her First Supporter. You will have access to BWA for the life of the course. It is completely online, on-demand, and self-paced. 2. Bring BWA to your department. We conduct both in-person and live ZOOM trainings, depending on your needs. Reach out to Melanie at info@missionupstream.com for more information.