

## **Presentation outline with Michael Zweigart of YFFR (Yoga For First Responders)**

1. Dysregulation
  - a. Define and Detail effects
2. Stress Response
  - a. Detail effects of chronic stress
  - b. Discuss Stress Related Illness/Injury in First Responders
3. My Story
  - a. Burnout
  - b. Health Effects
  
4. Brief overview sympathetic/parasympathetic nervous system
  - a. Chemicals
  - b. Overstimulation of Sympathetic NS
  - c. Chronic “Fight Mode”
5. Relaxation vs. Regulation
  - a. Introduction and Overview
6. My Story
  - a. Ask, tell, make them do it
7. Yoga For First Responders
  - a. Protocol/class structure
  - b. Discuss YFFR Benefits
  - c. Incorporate training
  - d. On and Off the mat benefits
8. Closing
  - a. It’s not a lack of relaxation techniques. Its a lack of regulation.
  - b. Missing Skill Set - Is Yoga, Not just Yoga, but Yoga tailored to the First Responder
  - c. Results/Benefits