

# FINDING MUSIC WITHIN THE NOISE: A PLAN TO THRIVE DURING TROUBLING TIMES

**Planning to Thrive (P2T)** is an approach that recognizes the impact of culture on our perception in these fluid times and rises to meet the challenges we face through the implementation of a three-part plan: working “left of bang”, winning by design, and building a culture of personal and organizational wellness. In the end, the goal is to help you find the sound within yourself which allows you to not just survive, but thrive.

## Culture Drives the Bus

- Culture is based on the perception of the individual and consists of three components:
  1. Knowledge
  2. Heart
  3. Experience
- Challenge yourself to identify the tools that are best for *you*
- It's okay not to always feel okay

## Work Left of Bang

- Left of Bang = Being proactive
- Take a step back and reassess the situation
- The goal is to utilize your radar and try to figure out what to do before something hits you, as opposed to waiting for things to happen
  - Identify
  - Intervene
  - Inoculate or Integrate



## Win by Design

- Identifying a plan to wellness will ultimately give you a better chance to succeed
- Three phase decision process that you should consider on a daily basis:
  - Find a purpose
  - Take ownership of yourself
  - Be accountable to and for your peers



## Create a Normative Culture

- Create a normative culture of "healthy people" by putting the person first before their field of work and utilize a "me to we" perspective
- Build peer support for a resilient organization
- Integrate mental health, financial awareness, nutrition, fitness, occupational safety, and family support as a normative culture to give individuals the confidence and the comfort of having a "safety net"

Data adapted from "Finding Music Within the Noise: A Plan to Thrive During Troubling Times", a webinar originally recorded on 12/7/20 by Marc Junkerman.

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## Creating a Framework for Success

- Take Five:
  - Take a breath
  - Take a step back
  - Take a look
  - Take control
  - Take charge
- Remember to GROW: pick your **goal**, look at the **reality**, think of your **options**, and find a **way forward**
- If you have a plan, you have a better chance to succeed. Make a personal action plan for yourself: choose one "mind item", one "body" item, and one "spirit item" to focus on each day.
- Advocate for yourself by being your own voice, not just an echo
- Do something good for yourself at least once a day

## Always Ask Yourself

- Who were you before you started this profession?
- Who are you now?
- Who would you like to be?

## Warning signs

- Beginning to see everyone else other than yourself as "less than" is a sign of isolation
- Self-medicating versus self-actualizing
- Unusual behavior, deterioration in work performance, or poor decision making can be a sign that something is going on

## Resources

- **NAMI Maryland:** [www.namimd.org](http://www.namimd.org)
- **International Critical Incident Stress Foundation, Inc:** [www.icisf.org](http://www.icisf.org)
- **Law Enforcement Action Partnership:** [www.lawenforcementactionpartnership.org](http://www.lawenforcementactionpartnership.org)
- **Institute for Emergency Medical Services Systems:** [www.miemss.org](http://www.miemss.org)
- **Left of Bang** (Book) by Patrick Van Horne and Jason Riley
- **The Four Agreements** (Book) by Don Miguel Rutz

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