

GARY ALLEN
DISPATCH MONTHLY BOOK REVIEW

9-1-1 WELLNESS, STRESS LESS TRIO

Thanks for the trio of dispatcher wellness books. I've know Sue for several years, and she's one of the very few who focuses on the "person" rather than the technology and procedures--pretty neat. I certainly appreciate this new set of books.

What a great trio of books that focus on the psyche of dispatchers instead of technology! The package helps the reader focus on their mental and physical health through a textbook, a journal and a set of Yoga flip-cards.

The **9-1-1 Wellness, Stress Less Workbook** consists of '10' chapters, each focusing on a particular topic, supplemented with mental exercises and reading material. Even during my review of the book I found myself provoked to think about my own life and situation.

The journal, titled **"My 10-20,"** provides blank pages with inspirational messages at the top of each page, and an introduction to journaling.

The **"Console Yoga"** flip-card set describes simple exercises you can perform at the console, and includes illustrations to make them clear.

Dispatchers frequently think only of others, and don't take time for themselves. This set of books will refocus them on **#1**--themselves.

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