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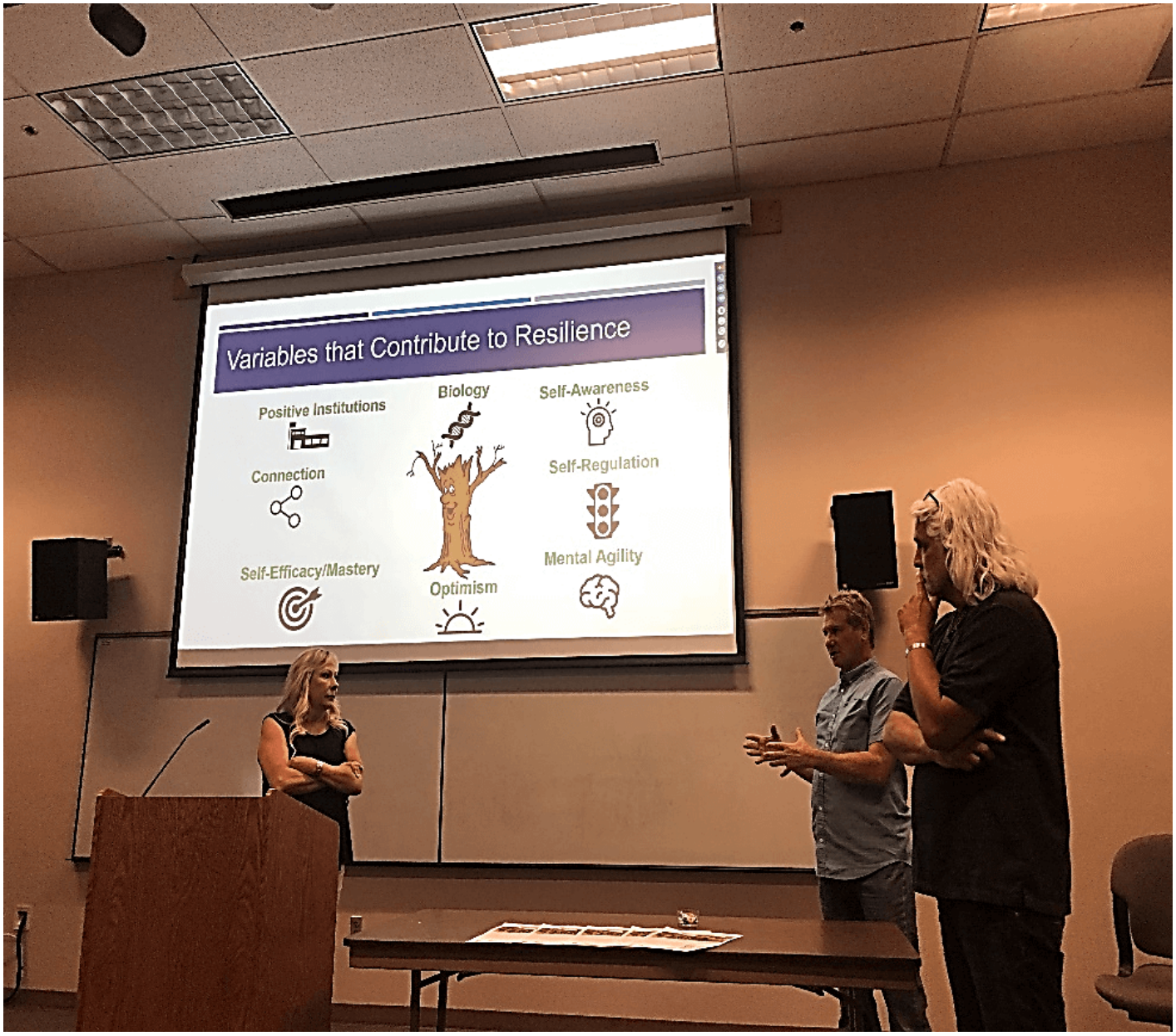
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On July 10, all Branch of Wildland Fire Management staff attended a Stress Management and Resilience Training (SMART) in Boise, ID. The training was designed to give staff a deeper understanding into how to support regions and agencies with dealing with serious incidents while giving staff skills to manage stressful work environments.

The National Wildland Fire and Aviation Critical Incident Stress Management program, located in Boise, ID., presented the four-hour training. Topics included ways to recognize and mitigate stress as well as raising awareness of suicide in the wildland fire community and what to do if an intervention is necessary. Presenters also covered how to request a peer support group, and what their specific response times and roles are when requested.

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Variables that Contribute to Resilience
Positive Institutions
Connection
Self-Efficacy/Mastery
Biology
Optimism
Self-Awareness
Self-Regulation
Mental Agility