

Mindfulness in Firefighting: An OT Perspective on Supporting Firefighter Mental Health and Performance at Seattle Fire Department



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BACKGROUND

- Firefighters' psychological well-being, occupational balance, and performance are shaped by the environment and emotional/physical demands of their job.^{1,2}
- Mindfulness-based practices may support emotional regulation, interoception, pain management, and sleep across broad populations. Preliminary evidence supports its benefits for firefighters.³
- mPEAK is a mindfulness training program designed for people in high-stress occupations who want to improve their focus, performance, and success.⁴

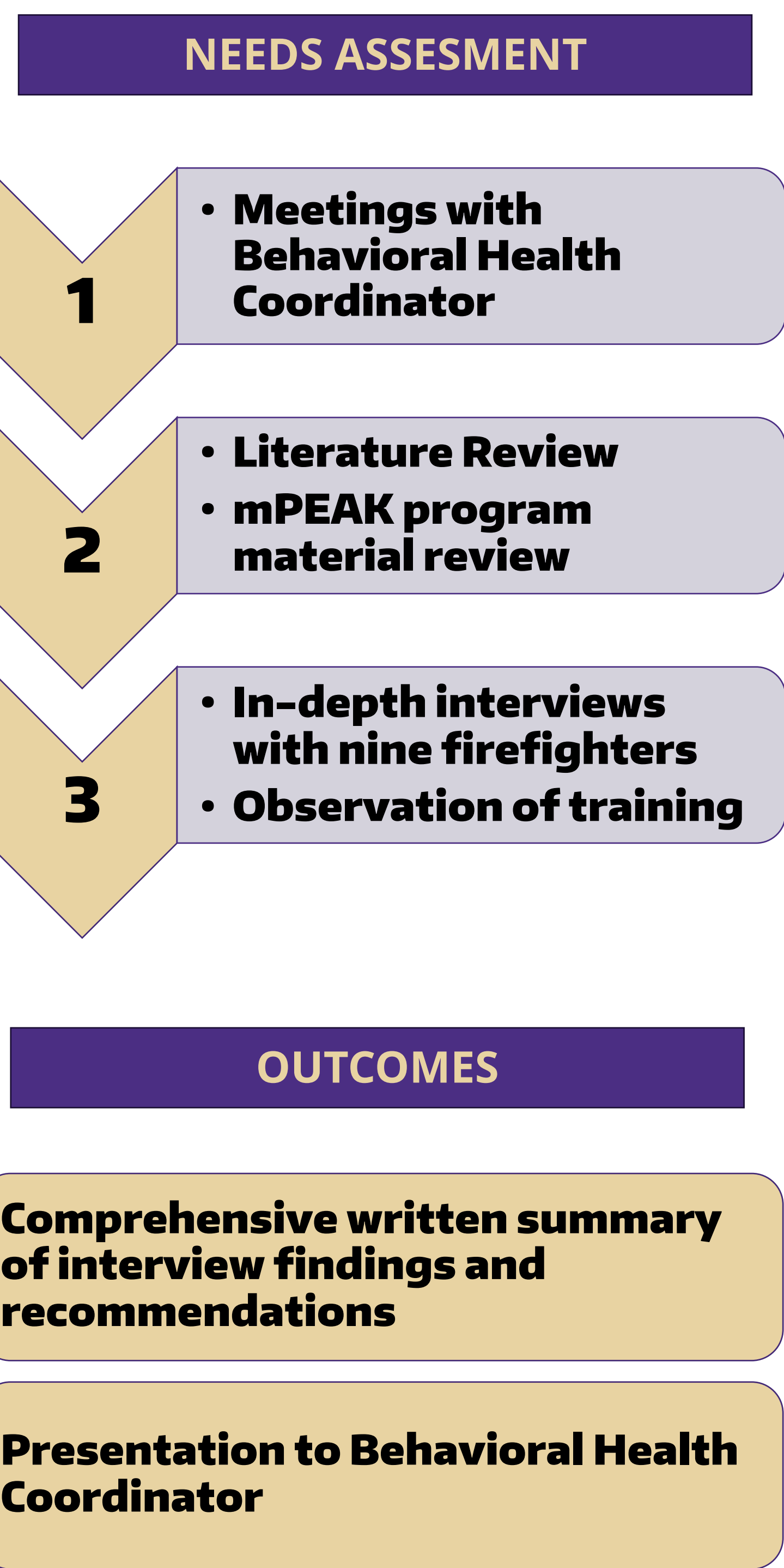
PURPOSE

- Explore how Seattle Fire Department (SFD) firefighters perceive and engage with performance-based mindfulness training (mPEAK) in the context of mental health needs, institutional culture, and occupational demands.
- Develop recommendations to address barriers to mindfulness engagement, emphasizing integration with daily routines and roles to support occupational performance.

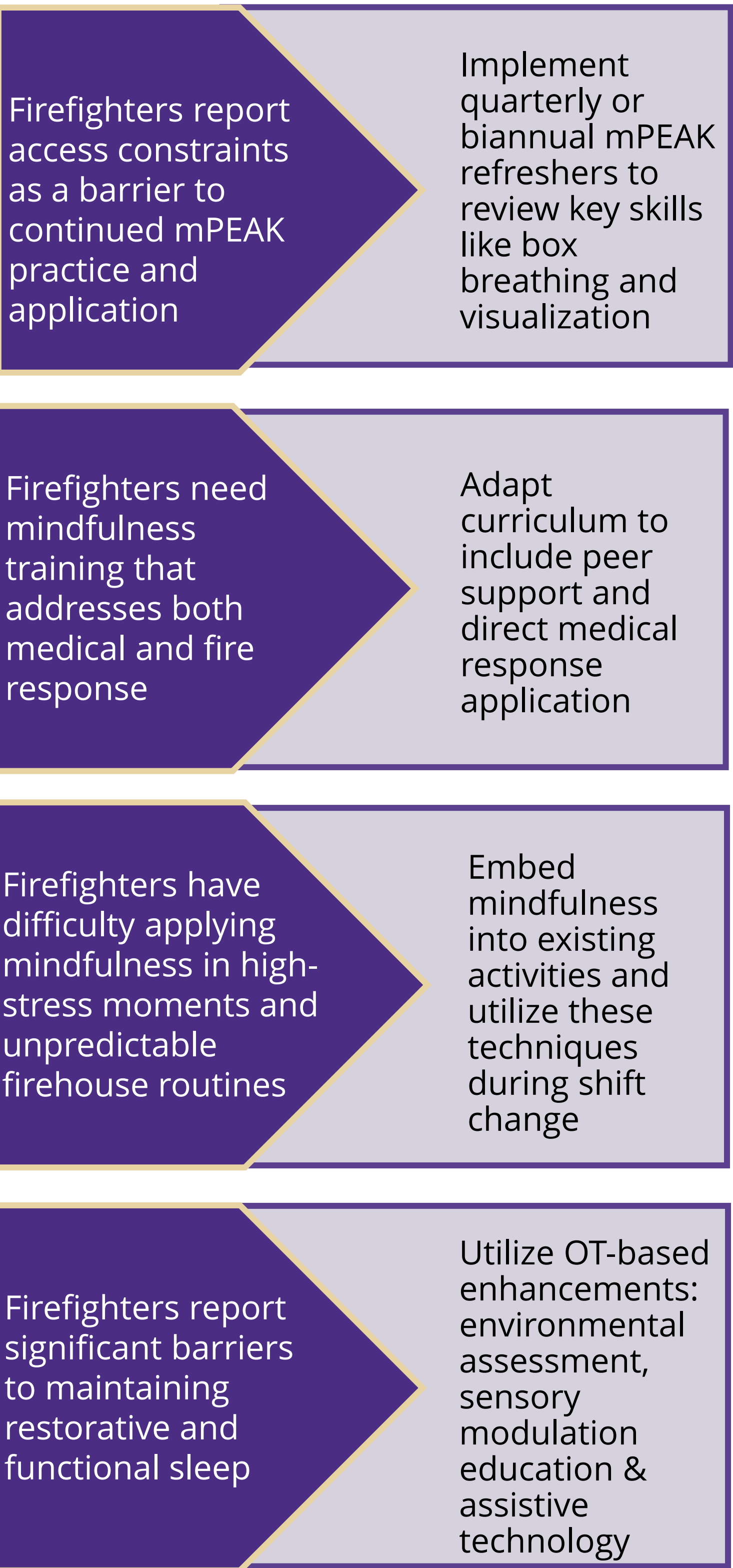
ACKNOWLEDGEMENTS



PROCESS



FINDINGS



PROPOSALS

CONCLUSION

- Firefighter cultural acceptance/engagement in mindfulness and institutional support are directly related
- Expanded and varied access points to training and practice opportunities are key
- A combined focus on leadership, mentorship, and peer support in mindfulness holds strong potential for shaping mindfulness-based identity development among firefighters

FUTURE DIRECTIONS

- Continue program evaluation including 1) a larger group of firefighters across SFD and other counties and 2) firefighter perceptions of proposed recommendations
- Consider OT expertise in culturally sensitive sleep and sensory programming for firefighters

REFERENCES

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