

30-Day Operational Readiness Challenge

This challenge is designed to help first responders build physiological and emotional regulation through consistent breathwork and gratitude journaling. These tools help reset your nervous system, improve your clarity under pressure, and create healthier habits on and off the job.

Daily Practice

Each day, complete the following:

- Morning or post-call: Guided Wim Hof-style breathwork
- Evening: 4-7-8 relaxation breathwork before sleep or yoga nidra for sleep
- Gratitude Journaling: Write down at least 3 things you're grateful for daily. Use a notebook or try the Gratefulness Journal app or website.

Weekly Focus

- Week 1: Build the habit-focus on consistency.
- Week 2: Reflect on stress levels and mindset.
- Week 3: Share your routine with a peer or your crew.
- Week 4: Identify a moment where these tools helped you stay regulated.

Quick Access Resources

Wim Hof Breathwork

4-7-8 Breathing (Evening)

Gratefulness Journal (Web)

Insight Timer - Guided Meditation

Use this 30-day challenge to reframe readiness as something you train daily-not just for calls, but for life. When you regulate your breath and your mind, you regulate your presence and performance.

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