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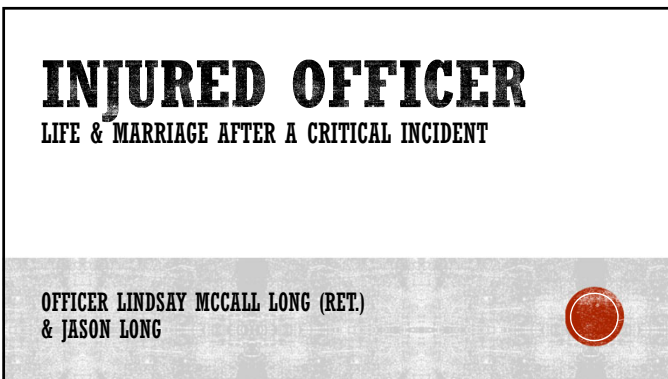
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## OBJECTIVES



Healthy communication  
before and after trauma



Walking towards the  
new you after a critical  
incident or trauma



Strong support systems  
in the aftermath of  
trauma




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## THE PRINCESS & THE CAVEMAN




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## CRITICAL INCIDENT BEFORE SHOOTING

### ○ POST PARTUM DEPRESSION (2017)

- Jason was a brave man.
- **WE** went to the doctor.
- Shifted our communication and how we pay attention to each other.
- Extended family communication.
- Self-care and therapy.




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**ARE YOU SURE  
THE BAD GUY  
DIDN'T JUST  
SHOOT YOU?**




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## **LIAM'S ANXIETY**

Crying.	Falling asleep at odd times.	Upset stomach.	Throwing up.	Worried about me getting hurt again.
Sneaking my uniform shirts to work.	Not his usual self.	Wanting to protect me.	Elaborate dreams.	Asking more questions about my shooting.
Trying to ease his fears.				




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## **ELLA AKA THE BOOB MONSTER**

All she wanted to do was breastfeed.	Only concerned about herself.	Does not really understand what happened to me.
Mommy has a "zombie" arm.		




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# TRYING ALL THE THINGS

- Talking
- Tempe PD Peer Support
- Therapy
- EMDR
- Physical therapy
- ERAP seminar
- Reiki
- Dynamic Mobility
- Dr. Zen
- Spin class
- Cereset
- 100 Club of Arizona
- The Wounded Blue
- Meal train
- Tempe Police Department
- Craig Tiger Act

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# WHAT COMES NEXT?

Medical retirement.

Getting to know the new Lindsay.

Finding my purpose again.

Stay at home mom transition.

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# THE LONG PACK

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## WHAT WE LEARNED

- Importance of real communication
- Our communication style
- Value of honesty (PPD)
- Kids are a lot smarter than we give them credit for
- The more support the better
- Support is not one size fits all – Be Your Own Best Advocate
- Be careful what you ask life for
- Be grateful of every moment you have




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## BE YOUR OWN BEST ADVOCATE

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