



GIVING THANKS AND HOPE

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.



Choosing Hope & Gratitude

By: Pete Volkmann, MSW

Gratitude encompasses your mind-body-spirit (MBS) in wellness. Gratitude is the quality of being thankful; readiness to show appreciation for and to return kindness. [Read More](#)

Giving Thanks-Growing Hope

By: Chaplain Ron Harvell, USAF BG (ret), D.Min.

Hope is the strategy. We must build people's lives on a solid foundation. They need meaning, purpose, worth, value, and community. [Read More](#)



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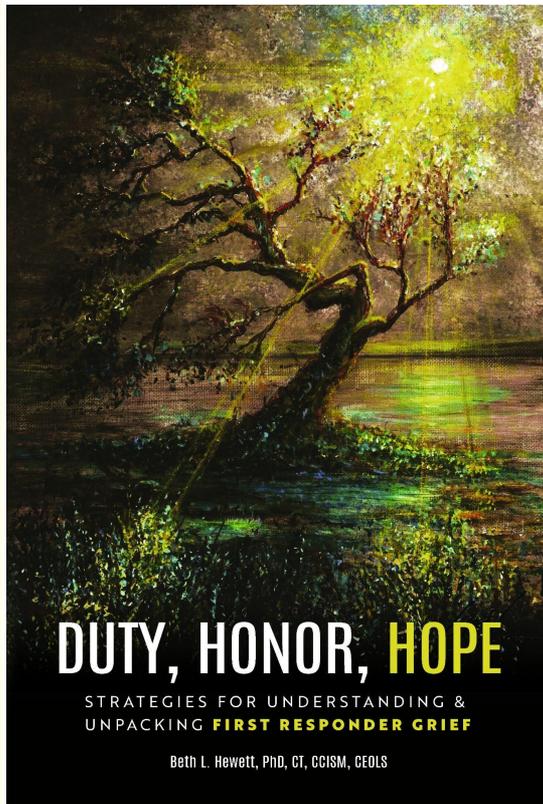
[Helping the Helpers Through Mindful Self-Care](#) - Psychology Today

[How to be Thankful](#) - Psychology Today

[Why Not Give Up: The Correlation Between Despair and Hope](#) - First Responders First



ICISF Training & Resources



[Duty, Honor, Hope](#) - Strategies for Understanding & Unpacking First Responder Grief By: Beth L. Hewett, PhD, CT, CCISM, CEOLS

[Emergency Planning for First Responders & Their Families](#)

[Traumatic Critical Incident Stress Info. Sheet for Spouses, Families, & Significant Others](#)

[Returning Veterans: No One Way to Help](#)

[Hope \(ICISF Quick Tips Podcast Episode\)](#)

[Giving Thanks & Gratitude](#) - Join us as we speak with guest speaker Rev. Rob Dewey, where we will discuss Giving Thanks & Gratitude.



Strategic Partner Content

[First H.E.L.P. EP 54: We are Family](#)

[LH Weekly Wellness Minute: Increase your Effectiveness and Happiness with One simple question](#)



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