

IGNITE

First Responders Life Guide
May 2023 Edition 17

All Things
Come to a End

Emotional
Healing From
Trauma

UNITING FIRST RESPONDER FAMILIES

YOU MATTER!

IGNITE Magazine

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IGNITE MAGAZINE

Lorie Gurnett – Creator & Editor

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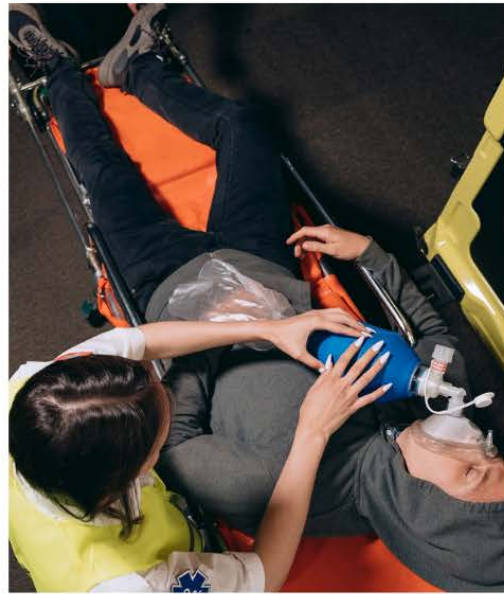
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*“They will be as mighty men,
treading down the enemy in the
mire of the streets in battle; and
they will fight, for the Lord will
be with them; and the riders on
horses will be put to shame.”*

~ Zechariah 10:5 ~



Melanie is an artist, writer and photographer. As a survivor of sex assault, she is also a creative collaborator with www.whispernow.ca a project designed to empower women with a purpose to bring together a community of support, Inspiration, information and healing. Not only those affected by tragedy, but all women, the hurting, the struggling, the lost, the lonely... "We know from lived experience we gain strength, hope and inspiration by knowing others have been where we are."



All things Come to an End

Editor's Inspirational

Life is all about the growth you make in your journey. We all go to struggles and pain, but also joy and laughter. Even in the darkest moment of life, hope can be found, if you are looking for it. There are times where both laughter and tears are needed to heal ones broken heart. It has been my honour to have a chance to encourage you on your healing journey. But as the title of this inspirational indicates, all things much come to an end.

You may be wondering what this might mean. This magazine was started to unite, encourage, heal, and inspire first responder and those impacted or connected with them. Be it Police officers, Paramedics, Firefighters, or veterans, we all are impacted as some time in our lives by these brave heroes. You know the ones, that never give up when trauma hits, who run in when everyone else is running out, or the ones who willingly put their lives on the line to save strangers.

My hope was to build a magazine to provide these people who were impacted or who are first responders to share their stories, to give them a voice, and for the opportunity to thank their heroes. May you hold these past editions close to your hearts and refer back to all these inspirational stories many have shared. I hope these stories have impacted, encouraged, and helped me feel less alone through my healing journey.

But as the title says, all things much come to an end. So it is with a heavy heart that I inform all my subscribers that this will be my final edition. With the business of school, work, and family life, I am unable

to put in the time to find people willing to write these incredible articles for you. If others brave to reach out to me and I receive articles, I might consider sending out future editions, but until this happens, it has been my honour to sever you in this way. May you continue to grow and learn in your life's journey. Wherever they may take you.

By: Lorie Gurnett



Are you interested in Writing An Article?



Connected with Law
enforcement, EMS,
Firefighters,
Or Military?
Reach out today!



Topics we cover:
Identity, PTSD, Complex PTSD, Suicide, Grief
Trauma, Communication. and Marriage.



Reach out for more details:
lorie@authorloriegurnett.com

Emotional Healing from Trauma

By: Melanie Wagner

Experiencing trauma can be a difficult and painful journey that can leave us feeling lost, confused, and overwhelmed. It can be hard to find a way through trauma and to make sense of the emotions that it brings. Healing is a process, and it is so important to give yourself time. Be patient and recognize that healing may involve setbacks as well as progress. However, with time, support, and effort, it is possible to overcome the effects of trauma and to move forward in a positive and healthy way.

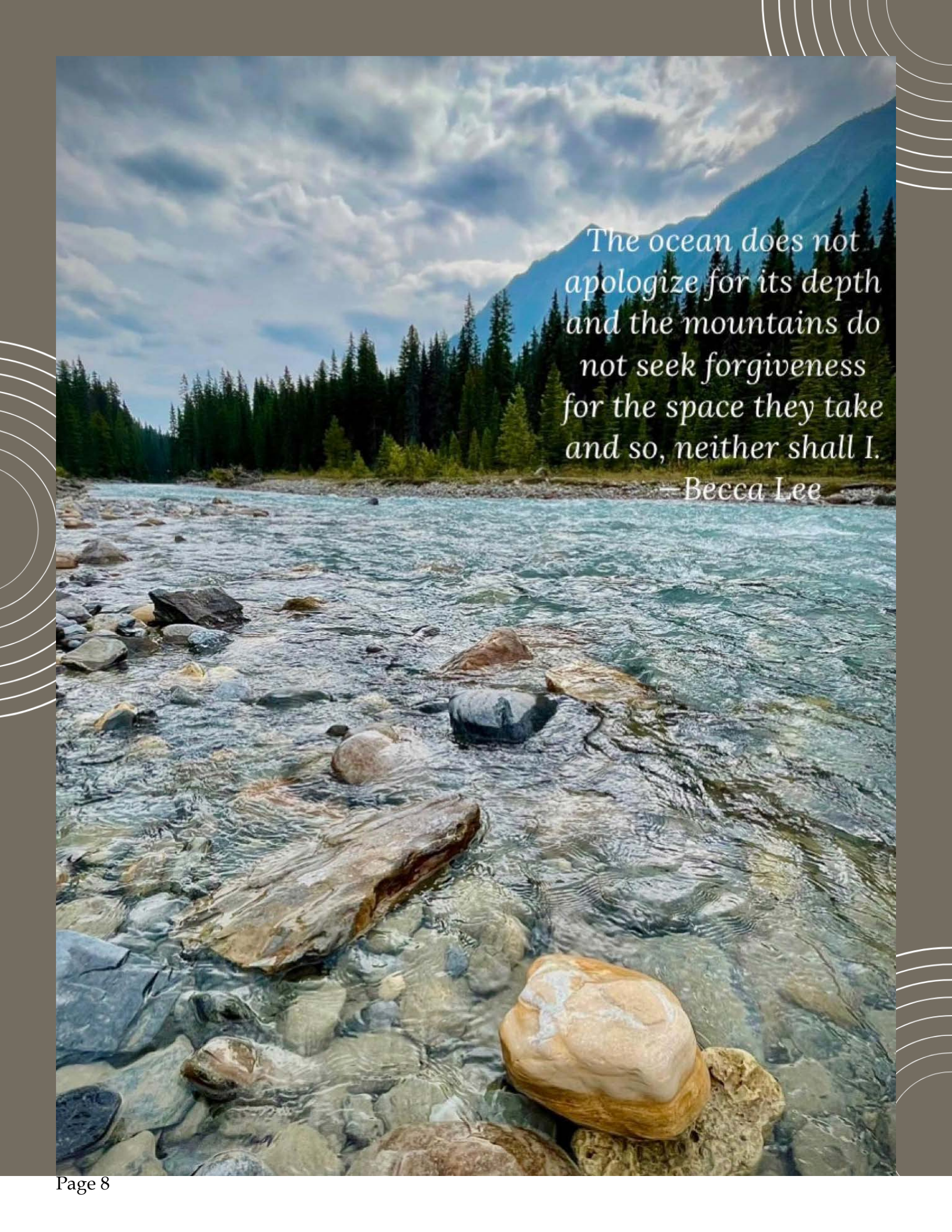
Trauma can be one of the most difficult experiences a person can face. Trauma can occur as a result of many different



events, including abuse, neglect, violence, and accidents or as a witness to such things. It can leave a person feeling overwhelmed, powerless, and alone. However, it is possible to heal emotionally from trauma and to move forward in a positive and healthy way.

The first step in healing emotionally from trauma is to recognize that you have been traumatized. Many people try to push their feelings aside or deny that they are experiencing trauma, but this only prolongs the healing process. It is important to acknowledge the pain and suffering that you are feeling and to seek help if necessary. This can be a difficult





*The ocean does not
apologize for its depth
and the mountains do
not seek forgiveness
for the space they take
and so, neither shall I.*

—Becca Lee



such as hobbies or social events, can also help you feel more positive and connected to others. The goal here is to primarily feel less alone in your suffering.

Another important aspect of emotional healing from trauma is to develop a sense of empowerment. There are ways to find your way through trauma and to come out stronger on the other side. This can involve learning new skills, setting goals, taking control of your life in other ways like a new exercise routine, or journaling, all of which can help you to manage your emotions and find peace and comfort in your daily life. By taking active steps to improve your life, you can feel more in control and less helpless in the face of the dark cloud that is ever looming overhead. Find new hobbies or activities that you enjoy or reconnect with people and experiences that bring you joy and fulfillment. By focusing on the positive aspects of your life, you can find a sense of purpose and meaning that can help you to move forward.

and scary step, but it is an important one. Acknowledging the trauma can help you to begin processing the emotions that come with it and can also help you to seek out the support and resources that you need.

The next step is to find a support system. This can include friends, family, or a therapist. Having people to talk to and confide in can be extremely helpful in the healing process. A therapist can also provide professional guidance and support and can help you develop coping strategies to deal with the effects of the trauma. It is also important to take care of your physical and mental health. Trauma can take a toll on your body as well as your mind, so it is important to eat well, exercise regularly, and get enough sleep. Engaging in activities that you enjoy,



Finally, it is important to be patient and kind to yourself as you navigate the journey of healing from trauma. Healing is a process that takes time and effort, and it is important to give yourself the space and support that you need to move through it at your own pace. Remember that healing is possible, and that you can find your way through trauma to a place of strength, resilience, and hope. Healing emotionally from trauma can be a difficult and challenging process, but it is possible. By recognizing the trauma, seeking out support, taking care of your physical and mental health, developing a sense of purpose and meaning, and giving yourself time to heal, you can move through the healing process. You will emerge stronger and more resilient than ever before. Remember, healing is a journey, not a destination, and it is important to be kind and patient with yourself as you move forward.



THE EMT/PARAMEDIC POEM

**Sorry if we woke you in the middle of the night
But someone in your neighborhood is fighting for his life.
Sorry if we block the road and make you turn around,
But there's been a bad wreck with dying children on the ground.
When you see us coming you'll understand
Let us have the right-of-way - someone needs a helping hand
Sometimes a child is choking, sometimes a broken leg.
Sometimes a heart stops beating, and when we get there it's too late.
So if you see us crying when we think we're alone
You'll know we had a "bad" one and we're feeling mighty down.
We don't do it for the money -- you know we don't get paid.
We don't do it for the glory but for a life that might be saved.
Somewhere deep within us our souls are crying out
"We're here to help our neighbors in their hour of pain and doubt."
God gave us something special to help us see you through
We do it 'cause we love you, and we care about you too.**

IN HONOR OF OUR FALLEN HEROES

WILSON, Edward
Orville.M.
Patrick J Hogan
Asson Hacker
Joseph Johnson
Josh Owen
Stephen Rasyfield
Rick Shumka
Air Force Capt. Kelliann Leli
Dallas Gearld Garza
Marwan Sameh Ghabour
Army Staff Sgt. Kyle Robert McKee
Army Sgt. Jeremy Cain Sherman
Army Capt. Seth Vernon Vandekamp

HEROES

**“REAL HEROES ARE THOSE WHO RISK THEIR LIVES TO
SAVE LIVES”**

~Mouloud Benzadi