

PSPNET Newsletter July 2024

From the Director's Desk

Greetings,

Thank you for checking out the July 2024 newsletter! Here are the things you will find below:

*

Announcement regarding, co-investigator of PSPNET, Dr. Nicholas Carleton

*

Up-to-date information on our therapist-guided and self-guided courses

*

Spotlight on Le Journal de Montréal

*

The final mental health tip on sleep

Thank you for your interest in our services and for taking the time to read this newsletter. Please contact us if you require any additional information or have any questions.

Dr. Heather Hadjistavropoulos

Director of PSPNET

www.pspnet.ca [1]

STAFFING ANNOUNCEMENT

Dr. R. Nicholas Carleton, CIPSRT's Scientific Director, has returned to the University of Regina Faculty of Arts to focus on several exciting new applied research advancements. We look forward to his continued efforts to support the mental health and wellbeing of Canada's first responders and other public safety personnel, as well as his ongoing contributions as co-Investigator for PSPNET.

THERAPIST-GUIDED COURSES

as of June 30th, 2024

"I am appreciative of the tools I now have to help me get through my low patches and/or when I feel my anxiety creeping in."

“J’ai déjà recommander la thérapie à deux collègues. Très heureux de mon côté. J’en parle ouvertement du programme et j’en suis fier.”

[PSP Wellbeing Course Description \[2\]](#)

[PSP PTSD Course Description \[3\]](#)

[More Outcomes \[4\]](#)

SELF-GUIDED COURSES

as of June 30th, 2024

For PSP

For Spouses

[Self-Guided PSP Wellbeing Course Description \[5\]](#)

[Self-Guided Wellbeing Course for Spouses Description \[6\]](#)

MEDIA SPOTLIGHT

PSPNET Clinical Research Associate, Dr. Amélie Fournier, spoke with Frédérique Giguère with the Journal de Montréal as part of a series of reports on the mental health of police officers and to talk about the PSPNET courses.

[Click Here to Read the Full Article \(French\) \[7\]](#)

MENTAL HEALTH TIP ON SLEEP

Previously, the mental health tip has looked at three different skills for improving sleep 1) managing thoughts and beliefs associated with sleep, 2) developing sleep routines, and 3) stimulus control. This month we will take a look at the fourth and final skill, sleep restriction.

Sleep Restriction involves sleeping according to a strict schedule that is designed to reset our sleep pattern. This can re-establish your body’s circadian rhythm so that you feel sleepy at bedtime and feel alert during wake time.

Three Steps for Sleep Restriction:

*

Track your sleep for one week and calculate the average time you spend sleeping each day.

*

In the second week, plan to be in bed only for the amount of time you normally sleep.

*

Track how long you sleep each night, and how long you spend in bed, not sleeping.

Repeat steps 1-3 and gradually adjust your sleep schedule each week.

This is only recommended for people who do not normally have shift work.

Tips for Shift Workers:

*

Plan a nap (60-90 minutes) before your night shift, this can improve your alertness and wakefulness.

*

Be careful not to consume caffeine during the latter portion of your shift.

*

Try to restrict your exposure to morning light after completing a night shift.

Hopefully, this and the three other skills, will help you improve your sleep, as it is an important part of maintaining your emotional wellbeing.

Source: PSPNET's Sleep Additional Resource.

Sign up to our courses for more tips like these [8]

Request a presentation or PSPNET promotional materials!

If you would like us to provide a presentation to your organization or

send promotional materials (wallet cards, magnets, postcards) in English and French, contact us by email at pspnet@uregina.ca or phone at 306-337-7233 or toll-free at 1-833-317-7233. Material is also available directly at www.pspnet.ca/en/pspnet-materials [9].

Follow us on Social Media!

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Thank you to our Partners and Funders:

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Our mailing address is:

University of Regina, 2 Research Drive, Regina, SK, S4S 7H9

Contact us via telephone at 306-337-7233 (SAFE) or 1-833-317-7233

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