



FIRST RESPONDER LEADERSHIP COURSES

The Leader's Wellness Blueprint

Discover practical strategies to manage stress, build resilience, improve recovery, and lead with greater clarity, purpose, and longevity.

Instructor: Vance Row

Lesson 2 — Breaking the Cycle: Alcohol, Coping & Recovery

Learning Objectives

Participants will:

- Recognize unhealthy coping strategies.
- Understand the relationship between trauma and substance use.
- Evaluate your own habits honestly.
- Create a healthier plan for managing stress.

Key Concepts

- We All Cope Somehow
- Healthy vs. Unhealthy coping
- Leaders Notice Changes
- Recovery Begins with One Honest Conversation

Lesson 2 — Breaking the Cycle: Alcohol, Coping & Recovery

Leadership Action Guide

Complete the following:

- ☐ Evaluate your current stress outlets.
- ☐ Identify one unhealthy coping habit.
- ☐ Replace it with one healthier alternative this week.
- ☐ Reach out to someone you trust and have an honest conversation.

Leadership Reflection

- How do I normally respond to stress?
- What unhealthy habits have slowly become "normal?"
- What would recovery look like for me?
- How can I create a culture where my team feels safe asking for help?