

Fire Chiefs Association of MA

Proudly Presents

TUF MIND

Thinking Under Fire

Date: September 24, 2025

Time: 8:30am-4:00pm

Westborough Fire Department

42 Milk Street, Westborough, MA



Dr. Eric Murray
CT State Police (Ret.)
FBI NA #273



Dr. Julie Rumrill, MBSR
Senior Associate

Public safety professionals experience the effects of acute and/or chronic stress as a routine part of their job. This stress is often undiagnosed and mismanaged, which can lead to physical health issues, relationship problems, drug/alcohol abuse, lost time at work, and a general decline in the quality of life. The **TUF Mind** (*Thinking Under Fire*) wellness and resilience training helps public safety professionals recognize the numerous impacts of stress and teaches skills they can use on the job and at home to improve and protect their mental health.

The **TUF Mind** program is a mind-body medicine program developed to counteract the mental, emotional, cognitive, and physical impacts of chronic stress. The same practices incorporated into the TUF mind program are also found in mental health training for the US military pre-deployment and special operations teams, the VA, numerous public safety agencies (nationwide), healthcare professionals, and high-level athletes.

This program provides participants with self-care tools to pro-actively manage daily stressors and address the accumulated impacts of chronic stress on their personal and professional lives.

DiSC People Reading

DiSC® People Reading offers a customized development solution proven to increase the effectiveness of anyone in a management role—whether managing direct reports or the relationship with their own manager. This program of classroom training, focuses learning in five key areas:

- Understanding DiSC® styles
- EMOTIONAL INTELLIGENCE
- Self Awareness/ Self Regulation
- Adapting to others with different styles
- Identifying strategies for working more effectively with others.
- Improving workplace relationships

Workshop participants learn how their DiSC style influences how they, make decisions, manage conflict, identify stressors, approach problems, and what they need to do to adapt to the styles of others to bring out the best in each and every employee in the workplace.

Don't Miss This Workshop...It Could Save Your Life!

Contact

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