

January 23, 2026

9:00 a.m.– 11:30 a.m.

# How Full is Your Bucket?

**Burnout and Career Survival First Responders**

Presented by: Nicole L Sawyer, PsyD.

Location: Berean Baptist Church

309 County Rd 42 E., Burnsville

Register [here](#)

Registration Fee \$10.00

This is an honest (and sometimes harsh) discussion of the physiological and psychological impacts of a long-term public safety career. We will dive into the chemistry of stress and trauma, the bad habits that come from trying to cope, the impacts on our emotional selves and family life, eating and drinking habits, poor sleep, and personal accountability for all of the above. This program is not about solutions; it's about ownership and accountability for our well-being, communication, and truth for our loved ones.

**Sponsored by The Burnsville Fire Department**