



DECOMPRESSION ROOM

EMPOWERING FIRST RESPONDERS WITH TOOLS FOR RESILIENCE



THERAPY THAT WORKS

First responders face high levels of stress that can dysregulate the nervous system. Sensory Modulation Therapy uses targeted input across all **eight sensory systems**—including sight, sound, touch, movement, proprioception, vestibular, interoception, and taste/smell—to support **regulation** and **resilience**. At After Action, this therapy is delivered through immersive **decompression rooms** as part of our trauma-informed care.

CORE BENEFITS



RESET



RESTORE



REGULATE

CONTACT US FOR MORE INFO.

866-455-4875

LEARN MORE 

HOW DECOMPRESSION ROOMS HELPS FIRST RESPONDERS THRIVE

Why It Matters

First responders operate in high-stakes, high-stress environments. Over time, this can lead to chronic nervous system dysregulation—causing sleep disturbances, emotional reactivity, burnout, and trauma-related symptoms. Sensory Modulation Therapy provides a science-backed way to reset the nervous system using safe, intentional sensory input.

What's in a Decompression Room?

- Massage chairs and zero-gravity recliners
- Calming LED light displays and star panels
- Ambient sound machines and noise-canceling tools
- Weighted items and tactile objects
- Visual and aromatherapy cues
- Movement or balance tools for physical regulation

For Agencies & Departments

Why Partner with After Action?

- We install decompression rooms at no cost to qualifying agencies
- Includes on-site training for peer support teams
- Enhances recruitment, retention, and resilience
- Promotes proactive mental health culture without stigma
- Connects your team with ongoing clinical support options

The 8 Senses We Target



Visual

calming lights, low-stim environments



Auditory

soothing music, ambient nature sounds



Tactile

grounding textures like soft fabrics and tactile tools



Olfactory/Gustatory

essential oils, aromatherapy, subtle scent cues



Vestibular

gentle rocking chairs or swings for balance regulation



Proprioceptive

weighted blankets, body-pressure tools



Interoceptive

awareness of breath, heart rate, inner signals



Movement

controlled physical activity to release tension

Call us for
more info



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Bring a Decompression Room to Your Agency — Call Us Today