

STRESS MANAGEMENT TIPS

FOR FIRST RESPONDERS
IN CRITICAL SITUATIONS



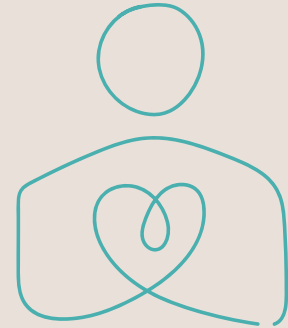
Breathe

Close your eyes and take slow, controlled deep breaths until you feel more calm



Recognize

Acknowledge what is out of your control. Be gentle with yourself



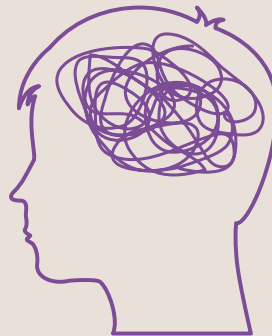
Self-care

You must take care of yourself in order to take care of others



Set a routine

Allocate set hours for work, social connection, eating and sleeping



Prioritize healthy activities

Exercise, pray, or meditate. Avoid overuse of caffeine, drugs and alcohol



Reach out

Talk to a friend, family member or trusted person about how you are feeling