

RESILIENCY

Self-Care for Firefighters

- Prioritize sleep. Helps with mood, memory, reaction time, and quick decision making. Regular schedule; practice relaxation techniques so you can relax on command; take short naps.
- Talk about your difficult experiences with people you can trust. Don't bottle up your emotions. Use the Peer Support Team. Behavioral Health Professionals.
- Practice mindfulness and meditation. Mindfulness is non-judgmental awareness of the present moment. Meditation is a formal practice that uses mindfulness and has a specific focus, such as the breath, to achieve inner calm.
- Stay connected with family and friends. Social support is one of the greatest contributors to mental health. Sometimes you have to force yourself.
- Set boundaries. Be aware of your own needs and don't be afraid to say "no" to others when necessary. Establish time for yourself within the family.
- Schedule quality time with family.
- Communicate openly about stress. Let others know how they can best support you. This strengthens relationships and prevents misunderstandings.
- Practice gratitude regularly. Acknowledge small wins.

Make it happen.

- Assess your values and who is most important to you and use it as a guide. What is most meaningful to you? What is your "why"?
- Establish structure and a routine.
- Take the first step. Make it easy. Eliminate the friction.