



STRENGTH • BALANCE • HARMONY



FIVE MENTAL HEALTH TIPS

FOR FIRST RESPONDERS

First responders experience traumatic events on a regular basis, and are often required to operate in a state of high adrenaline. The demands of these important jobs can take a toll on physical and mental strength. Here are five ways first responders can think Chickasaw and protect their well-being in the midst of these daily stressors.

1. REPLENISH YOUR STRENGTH. Remember that working as a first responder comes with intense physical demands. Take time to recover and replenish your strength. A few examples include reading your favorite book, spending time with family or cooking your favorite healthy food.

THINK IT OVER: *What activities help you replenish your strength?*

2. DEVELOP HEALTHY BEHAVIORS. Facilitate healthy behaviors by getting adequate sleep, regular exercise and a balanced, nutritious diet. Sleep is imperative for mental health. Exercise benefits the body in many ways, including providing natural endorphins that help with mental health.

TALK ABOUT IT: *What are some healthy behaviors you can incorporate into your daily activities?*

3. BOOST YOUR HEALTH WITH SOCIAL CONNECTIONS. Take time off to be with family, stay connected with social support groups and enjoy valued activities. This is one way to keep yourself positively fueled for the stresses of your job.

GOOD IDEAS: *Who have you found in your social networks that help you stay healthy?*

4. SEEK JOY. Remember to do things that make you happy or joyful. Being joyful is a strength that helps us tolerate the challenges of life and stress.

FIND YOUR BALANCE: *What brings happiness to your life?*

5. PROTECT YOUR MENTAL HEALTH. Learn to defend and shield yourself from things that bring unnecessary stress to your life. Identify the things that add stress and threaten your peace of mind. It may be people who are not a good influence, or social media contacts who tend to stress you out. Be proactive in avoiding these stressors.

CREATE HARMONY: *Can you name two or three things you do to shield yourself from unnecessary stress?*

RESOURCES:

- First Responder Support
- Mental Health Tips for First Responders