



7 Tips

To Help EMTs
Manage Stress

Help for Living the Reality

While it may not be a popular topic of conversation among your peers, the reality is that dealing with constant stress has its affects on you and your colleagues.

You're living the reality of this fast-growing epidemic.

If it's getting to you, it's perfectly understandable. And there are actions you can take, either on your own or by reaching out for support.

You can't care for others unless you care for yourself. These 7 tips offer a great place to start.

In the News

CDC says

Emergency room visits increased 30% nationwide 2016-17.

In 2016, the number of deaths was greater than the number of American lives lost in the Vietnam war AND the AIDS-related deaths in the worst year of the crisis.

Every 4 days,

a first responder in the US **commits suicide.**



Tip #1

Say "I Need Help"

Say it to yourself. Better yet, say it to someone else. Either way, it's the first step to taking care of what you need, so you can continue to provide the best help possible to others.



Tip #2

Talk to the Brotherhood

You're not alone in the frustrated feelings about not being able to make a difference. Look around the room—others are struggling, too, and need outlets for those struggles.

Try a support group. It can be within your agency. Or select a regional group, so it's outside the people you work with daily.

Resources That Can Help

Rescuetherescuer.com

Safecallnow.org

Codegreencampaign.org

[National Suicide Prevention Hotline](http://NationalSuicidePreventionHotline.org)

[7 Cups](http://7Cups.org)

[Psychology Today](http://PsychologyToday.com)

[Chaplain Services](http://ChaplainServices.org)

Facebook groups

[911 Buddy Check](#)

[Uniformed Services](#)

[Peer Council First](#)

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Tip #3

Try a Self Care Day

It's ok to take a day off. A break can do wonders and give you distance and perspective. Spend the day with family or friends having fun ... or talking with someone close about the crazy things you are seeing and experiencing.



Tip #4

Try a Workout

As they say,
just do it.

Get those endorphins in motion. A great workout can clear the head, refresh your energy and provide a new perspective.



Tip #5

Pay Attention to Your Schedule



When hours add up, stress rises. Especially with difficult situations like being continually on call to help others. Walk out of work on time. You can still make a difference while taking care of yourself.



Tip #6

Find Other Things to Define You

Even though a big part of your day is spent at work, it doesn't need to become your identity. Create opportunities to have some fun while building a support network around you. Join a softball, volleyball or soccer team. Make sure you spend time with family and friends. Enjoy that hobby or try a new activity.

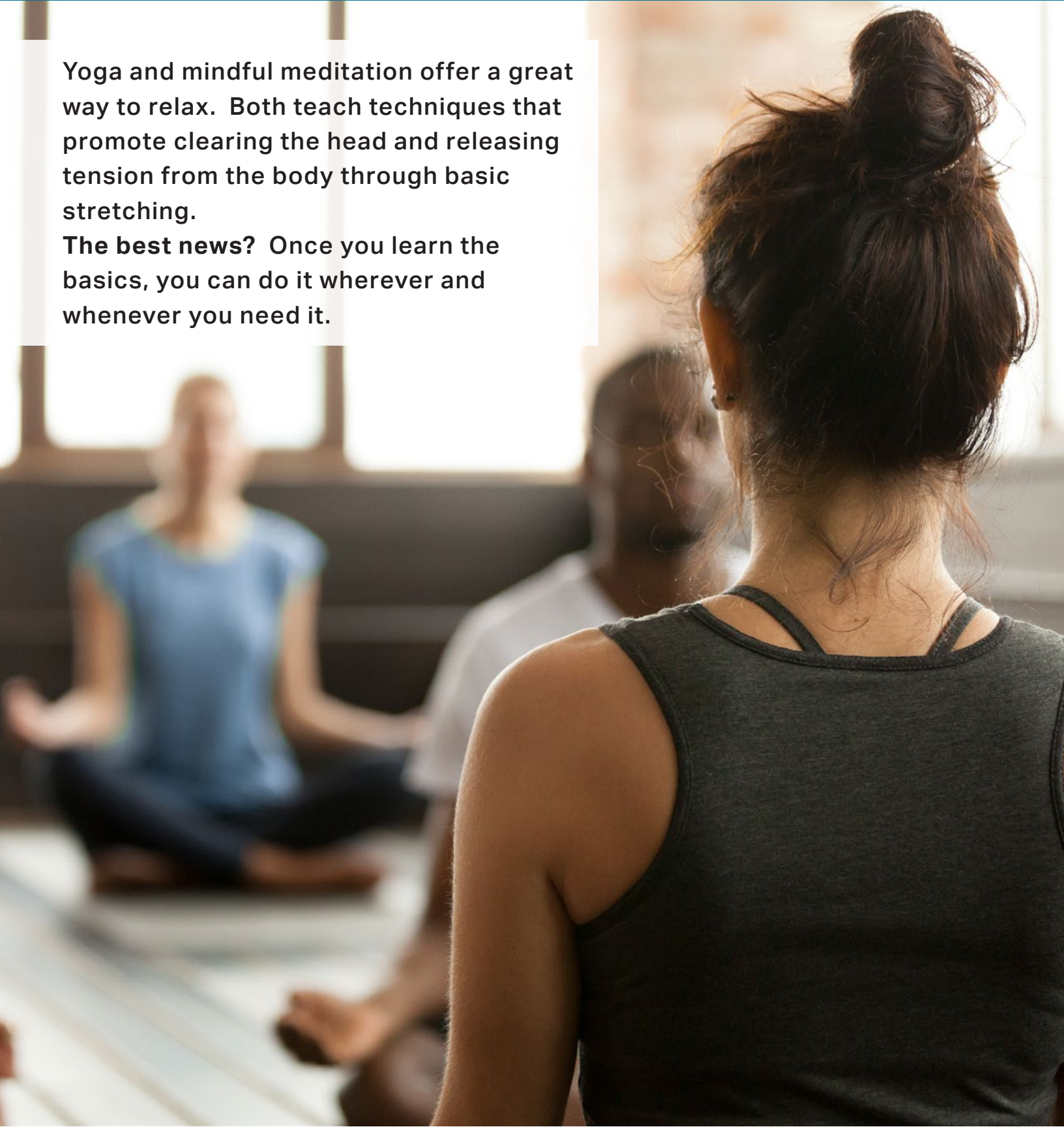


Tip #7

Relaxation

Yoga and mindful meditation offer a great way to relax. Both teach techniques that promote clearing the head and releasing tension from the body through basic stretching.

The best news? Once you learn the basics, you can do it wherever and whenever you need it.





Being a first responder is tough. There's no question about it. But you do have options to help you manage the stress.

Try out these tips. You and your colleagues deserve care, too.

To learn more, watch the webinar:

[Fit for Duty: Identifying and Managing Cumulative stress Disorder in Organizations, Yourself and Others.](#)

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