



2025 FIREFIGHTER SAFETY STAND DOWN



Maintaining a Work-Life Balance

- 1. Practice a healthy lifestyle** – Studies have shown that proper diet and hydration can help with overall mental wellness and improve energy levels. Engage your family and friends in adopting a healthy lifestyle for overall well-being and mutual support.
- 2. Talk about your stress** – Develop a support system of family, friends, peers, clergy/chaplaincy, or professionals who you can confide in. They can help you cope and manage the stressors of the job and its potential impact on your personal life.
- 3. Know your catalysts** – Take the time to get to know what causes stress reactions and how to control them so that they don't control you. Be willing to listen to others who may be reaching out to help.
- 4. Find healthy ways to relieve stress** – Exercise, develop a hobby, explore nature, music, quality family time, home projects, etc. DO SOMETHING that allows you to relax and unwind. Avoid alcohol and drugs to self-medicate.
- 5. Know when to say when** – We all have our limits, and it is critical for first responders to know and recognize theirs. Don't be afraid to talk with or tell someone that it is time for a break. Asking for a break is a sign of resilience and strength.
- 6. Take time for yourself and your family** – Make time to rest and do things for just you and those you love. Maintain a balanced perspective of life, family, and the world beyond the job.

