

causes?
 (stomachaches, headaches) without obvious
 Having vague and ongoing aches and pains
 Excessively worried, sad, or feeling low?
 family and friends?
 Behaving in a way that is concerning to my
 or relaxing?
 On edge and having trouble unwinding
 Drinking, smoking, or eating too much?
 Feeling cynical, angry, short-tempered, etc.?
 used to enjoy?
 playing video games, or rejecting activities
 Spending too much time watching TV,
 Isolating myself from others?
 In touch with how I'm feeling?

STRESS CHECK-IN

- Talk with family about how you are feeling.
- Listen to family about how they're feeling.
- Take time to be fully present with your family.
- Participate in, encourage, or plan family activities such as a movie night, game night, or other leisure event.

FAMILY CARE HELPFUL TIPS



FIRE SERVICE
Pocket
Wellness Guide

DAILY PERSONAL CARE CHECKLIST

STARTING YOUR DAY RIGHT:

- Sleep at least seven hours.
- Do an act of random kindness.
- Think about three things you're grateful for.

DAILY ACTIVITIES:

- Do at least 30 minutes of physical activity.
- Eat healthy, balanced meals.
- Practice mindfulness.

24-HOUR SUPPORT LINES

- Get enough sleep, eat a healthy diet, exercise, and find time to relax.
- Have a trusted person that you can talk to: peer, mentor, friend, family member, spiritual advisor.
- Take intentional breaks from work and stress to unwind and recharge.
- Find things to be thankful for every day.
- Take breaks from digital media.
- Focus on what you can control.
- Practice positive self-talk and self-compassion.
- Find time to laugh and enjoy life.
- Take time to ask a colleague how they're feeling today.

WAYS TO MANAGE STRESS

DAILY REFLECTIONS

How am I feeling today?
 What was the hardest thing I did today?
 Did I bring my best self to my work?
 What did I learn about myself today?
 If I could do today over, what would I do different?
 What gave me hope today?
 What calls me to this work?
 Am I committed to the purpose of the work I do?
 When I leave this work, how do I want to be remembered?
 Do I need to talk to someone about how I'm feeling?



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Public Safety Mental Health Toolkit
www.lmc.org/mhtoolkit

MnFire | mnfireinitiative.com | (888) 784-6634
 Peer support dedicated to providing Minnesota's firefighters with the tools they need to prioritize and protect their health.
Nat'l Volunteer Fire Council | nvfc.org | 888-731-FIRE (3473)
 Created by fire service members to meet the unique needs of firefighters, EMTs, rescue personnel, and their families.
Safe Call Now | safecallnowusa.org | (206) 459-3020
 Confidential crisis referral service for public safety and emergency services personnel.