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<http://www.helptexasfirstresponders.org>

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Warning Signs

- **Recklessness/Impulsiveness**
- **Anger**
- **Isolation**
- **Loss of confidence in skills and abilities**
- **Sleep Deprivation**
- **Substance Abuse**

Stress Management

- **Humor**
- **Exercise**
- Eat a balanced diet, stay hydrated
- Go out in nature
- Cry, Scream....let out the emotions
- Talk to family, coworkers
- Hobbies
- Meditation
- Prayer/Spirituality
- Maintain a normal routine (but allow breaks)
- Limit overtime
- Take it one day at a time
- Limit alcohol, caffeine, other “vices”
- Limit time on social media or watching news
- Do “normal” things
- Don’t make major life decisions
- Hug those you love
- Write, draw, make music
- Prepare for the worst
- Ask for support or help