

Thank you Missah. We now start the discussion regarding how to stay physically and mentally healthy despite the daily challenges we face. Let's begin with what is meant by the well-being of an EMT and why the standards bodies and local protocols emphasize the tools to help yourself.

What is Meant by Well-Being of an EMT

- Challenges faced
  - ✓ Death situations
  - ✓ Trauma
- Takes a toll on our physical and emotional well-being

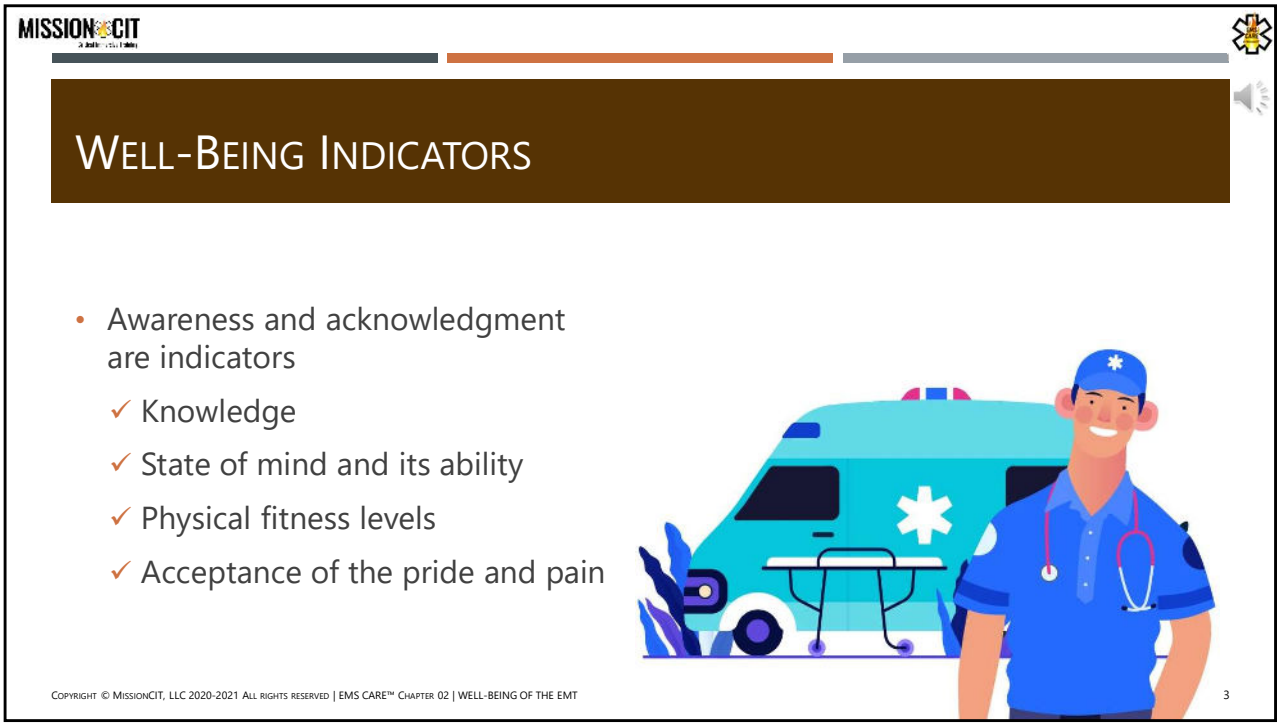


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We regularly face life and death situations and never-ending patient trauma. We must professionally handle people who completely trust our judgment while in a life-altering environment.

It is a natural consequence that all this can take a toll on our physical and emotional well-being.

These stresses can interfere in our sleep and eating cycle, become a deterrent to good job performance when coupled with erratic schedules. So being fit on the physical and emotional front is essential.



The first step is accepting our challenges, so we may better manage ourselves.

Hence, getting back to basics,

- We must adhere to local safety procedures.
- Understand our current state of mind, be capable of managing stress, and dare to seek professional help when needed.
- Maintain our physical fitness levels, and
- Accept that it is natural that such a job brings with it pride, as well as pain. And when it gets tough, we need to access the available tools to bounce back.

Why the Well-Being of an EMT is Core to the EMS

- What makes US stand strong
  - ✓ Strictly adhering to protocols
  - ✓ Following safety precautions
  - ✓ Managing our emotions
- So to deliver the best, we need take care of ourselves too!



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So, our patients expect us to be miracle workers, immediately understanding their situation and being able to wave a magic wand to make it all better.

Our colleagues know that's not our reality. But expect us to be calm under pressure, knowledgeable and professional.

How do we manage all these expectations, including our own, when we cannot control what we face? So, if we want to deliver our best, we need to take care of

ourselves first.

Missah will begin the process with you, next discussing stress management. Good studying.