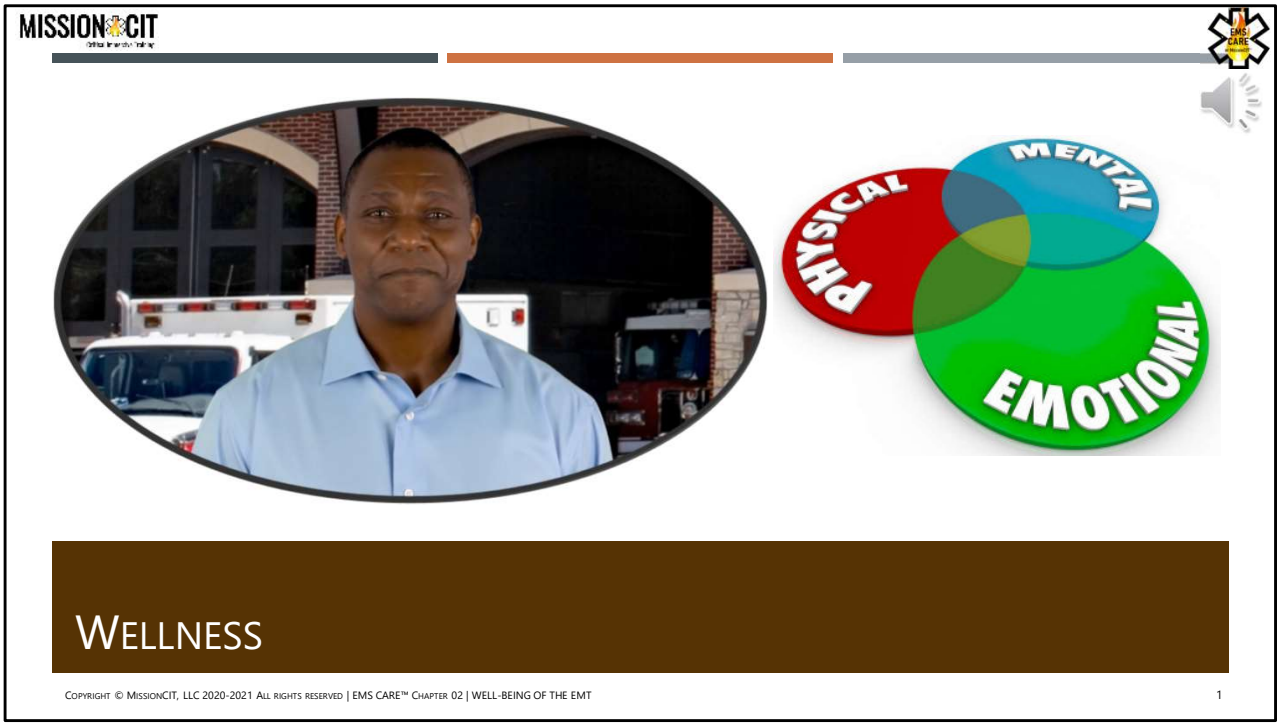
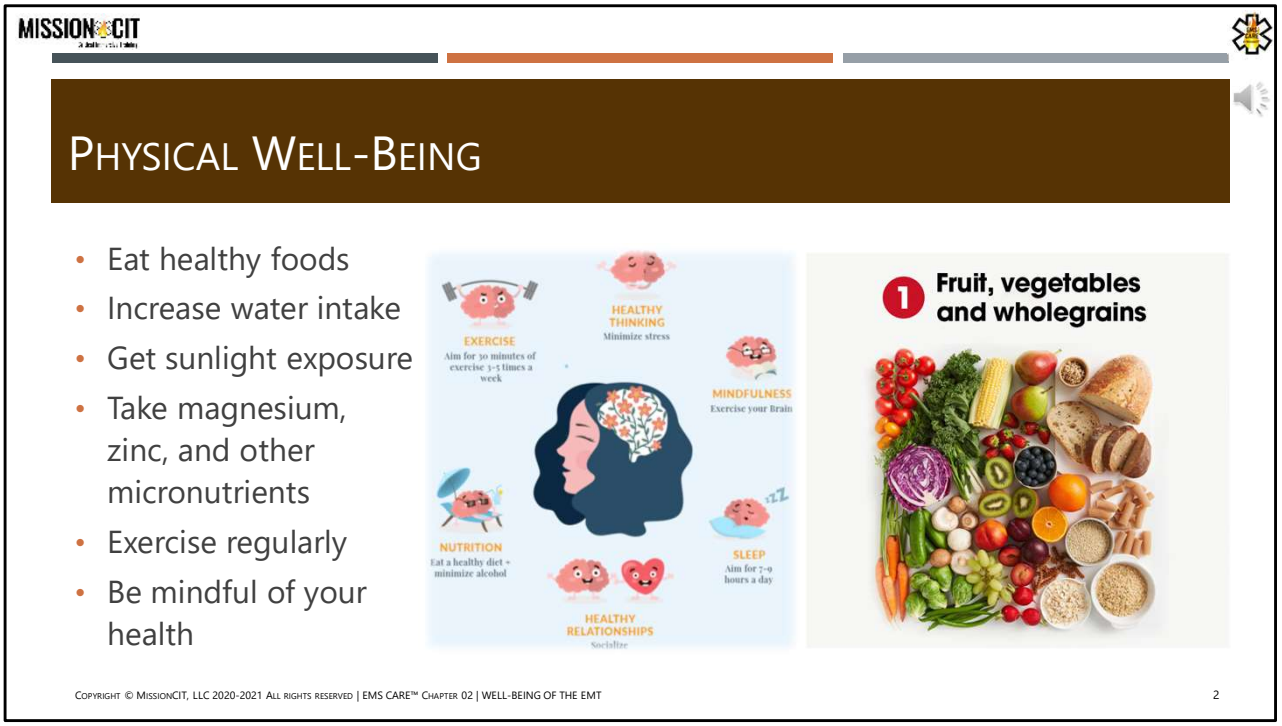


Every day, we are faced with some of the most stressful situations that anyone could possibly imagine. As we focus on the emergency at hand, the effects of stress are taking a toll on our physical, mental, and emotional states. In this lesson, we present you with some tips for your well-being that will come in handy.

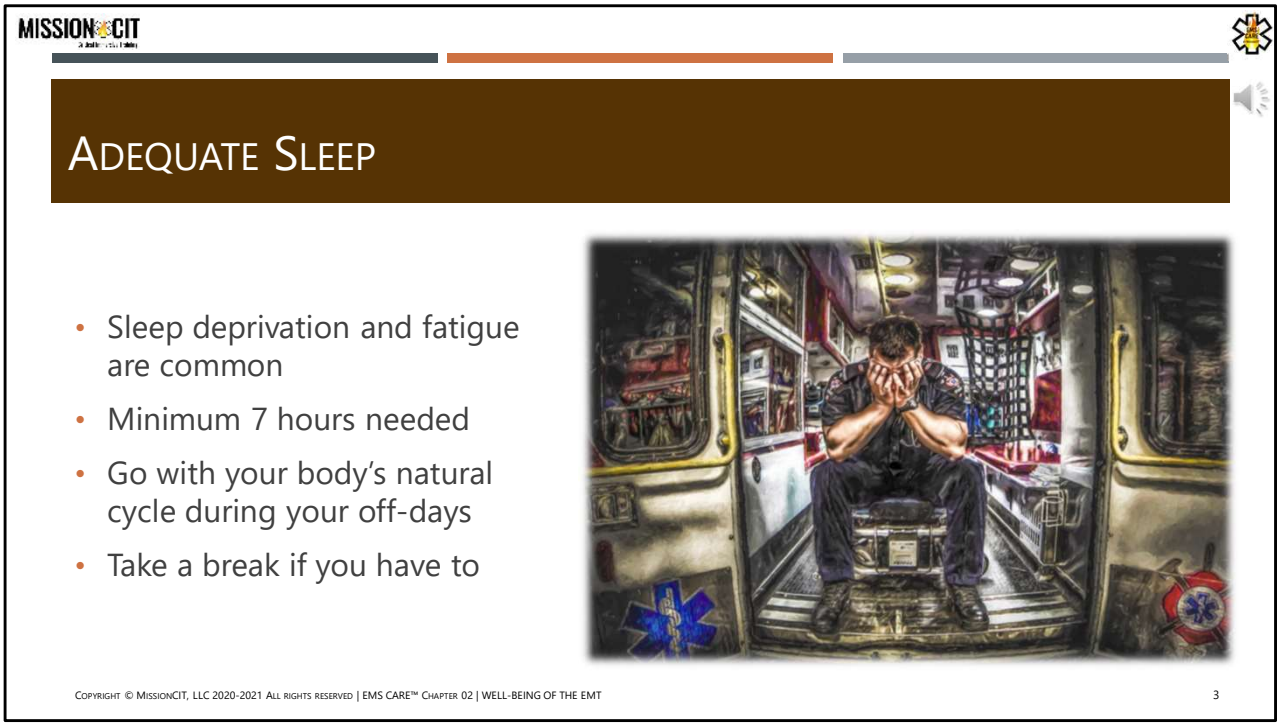


For your physical well-being, consider the following suggestions:

- Eat healthy foods as much as you can. Include whole grains, lean protein, fruits, vegetables, and nuts regularly. Avoid processed foods.
- Increase water intake as dehydration is a silent killer.
- Get as much exposure to the sunlight as you can for your Vitamin D.
- Consume the required amounts of magnesium as research shows that 68 percent of Americans don’t

meet the USDA requirements.

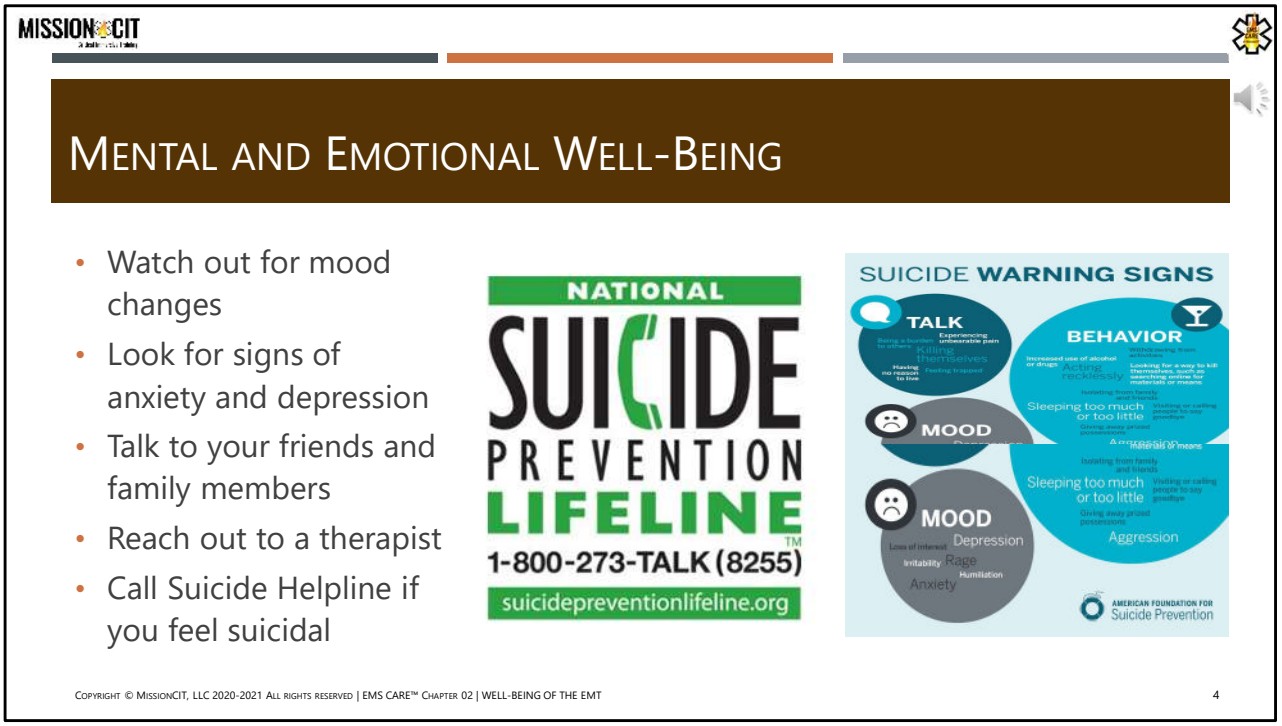
- Practice some form of activity during your off-days, even if it is as simple as regular walking. Be mindful of your health, so you'll do everything to maintain it.



Sleep deprivation and fatigue are common among EMTs because of the nature of the job. These are the most common problems that could lead to increased illness, PTSD, depression, and possibly even suicide. Some studies show that 50 percent of sleep-deprived EMS workers tend to make mistakes in their job. Given the amount of stress you undergo, a minimum of seven hours of sleep is an absolute must.

Sleep experts opine that the sleepiest times are between 2 AM to 4 AM and 1 PM to 3 PM. So go with your body's

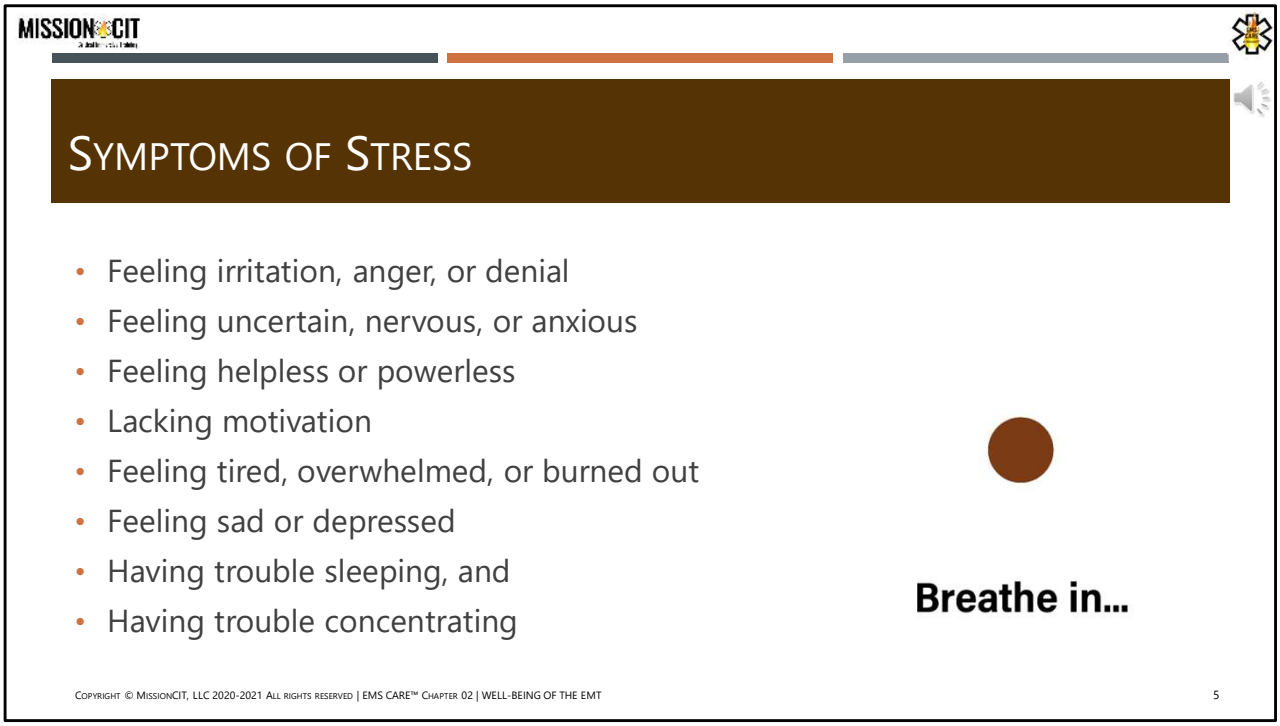
natural sleep and wake cycle and try to catch as much sleep as possible on your off days. If you're tired or haven't slept in many days, talk to the management, and let them know that you want a day off.



Besides physical health, focus on your mental health as well. Some of the tips for enhancing your mental health are:

- Watch out for mood changes due to sleep deprivation, and inform your higher authorities when you absolutely need a break.
- Be on the lookout for signs of anxiety and depression, and take help when you're feeling low.
- Talk to your friends or family members after a traumatic incident, so you can cope better with it.

- Reach out to a therapist when your thoughts are getting out of control for you.
- If you’re suicidal, reach out to the Suicide Helpline immediately at 1-800-273-8255.
- Never see drugs or alcohol as a way to overcome your stress.
- Improve your communication and attitude to stay away from conflicts with colleagues.
- Practice yoga and meditation for your inner peace.



Providing care to others can lead to stress, anxiety, fear, and other strong emotions. How you cope with these emotions can affect your well-being, the care you give to others while doing your job, and the well-being of the people you care about outside of work. It is critical that you recognize what stress looks like, take steps to build your resilience and cope with stress, and know where to go if you need help.

Recognize the symptoms of stress you may be experiencing:

- Feeling irritation, anger, or denial
- Feeling uncertain, nervous, or anxious
- Feeling helpless or powerless
- Lacking motivation
- Feeling tired, overwhelmed, or burned out
- Feeling sad or depressed
- Having trouble sleeping, and
- Having trouble concentrating

Before we move on to the next lesson about the impact of your job on your family and how to handle it, watch a short video on preventing suicide.

Preventing Suicide

- Suicide is a liar
- Makes you feel alone or guilty when you're not
- It can be stopped
- Prevent suicide
- Visit samhsa.gov/suicide



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Suicide is a liar. It makes you feel alone or guilty when you're not. But it can be stopped. See the lies suicide may be telling you and your loved ones, and what you can do to prevent suicide.