

# First Responder Self-Care



According to a 2017 survey of first responders:

- 85% have experienced symptoms related to mental health issues
- 84% have experienced a traumatic event on the job
- 34% have received a mental health disorder diagnosis



## Perform Well-being Assessments

Have you experienced feelings of irritability? Exhaustion? Sadness? These self-assessments may help evaluate yourself: <https://www.takingcharge.csh.umn.edu/wellbeing-assessment>



## Establish a Life Beyond the Job

Having friends and people you can associate with outside of your workplace is crucial to expanding your life experiences.

## Utilize Support Services

- Family and Social Services Administration: <https://www.in.gov/fssa/dmha/index.htm>
- Mental Health America Indiana: <https://www.mhai.net/>
- Substance Abuse and Mental Health Services: <https://www.samhsa.gov/>
- Ask your agency if other support services are provided



## Try Something New

Don't be afraid to go outside of your comfort zone. Meditation, yoga and combat sports are great ways to expand your life circle. Breathing exercises can also be helpful.



## Spend Time with Loved Ones

Do things that make you happy. Small things like taking a walk or playing a game can improve mental health. Make an effort to surround yourself with loved ones.