

SELF-CARE FOR FIRST RESPONDERS

Even under normal circumstances, the work you do is challenging. But in the face of the COVID-19 pandemic, it can be overwhelming. It's important to be resilient so that you can continue to protect and serve the public.

10 things to try to do every day



Rest when you can.



Focus on what went well.



Eat regular healthful meals.



Learn along with coworkers.



Exercise lightly if you can.



Pray or meditate to relax.



Do something enjoyable.



Be supportive of peers.



Take breaks when possible.



Reconnect with loved ones.

Use these resources to do your best every day

Stress management

Explore a broad range of self-care resources—you can find apps, audio activities, articles, and more on **kp.org/selfcare**.

Physical movement

Visit **kp.org/fitness** to try new exercises.

Additional support

Resources may be available to you through your chaplain, union, peer support group, or EAP services.

For mental health resources, members can visit **kp.org/mentalhealth**.

First responder crisis phone and text lines

Safe Call Now: **206-459-3020** or **1-877-230-6060**

Emergency Responder Crisis Text Line: Text **BADGE** to **741741**

For even more information and resources, visit **responderstrong.org**.



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