Responder Self-Care Strategies

Being aware of your own stress and using coping strategies will help you stay well, and allow you to keep helping others.

Help Yourself to Help Others
You play an important, but limited role; manage your expectations for larger change.

Limit working hours to scheduled shifts. Overextending yourself doesn’t allow you to make your best contribution.

Getting adequate sleep and taking breaks is essential for your stress management. Your needs and well-being are also important.

You are not alone; you are part of a team. Seek support from your teammates and recognize your accomplishments.

Notice and accept how you feel; try not to judge your feelings. Use calming self-talk (e.g., "I can handle this," "One day at a time").
Responding to emergency situations can be rewarding and stressful. If you find yourself experiencing anxiety or distress, reach out and ask for support.


More Resources