



# First Responder Habits to Build Work-Life Balance



These are for preventing stress in the future. If you need something now, call 9-8-8 or the IAFF Dedicated Line for Canadian Members at 1-888-301-7876

	Date Tried	Technique
<input checked="" type="checkbox"/>		Downloaded this checklist from <a href="https://paynefullyawkward.com">PaynefullyAwkward.com</a>
<input type="checkbox"/>		Mindfulness or Guided Meditation (App or Video)
<input type="checkbox"/>		Exercise
<input type="checkbox"/>		Structured Debriefing - If not offered by your employer, <a href="https://badgeoflifecanada.org/">https://badgeoflifecanada.org/</a> has Zoom meetings on Mondays at 7pm and Tuesdays at 2pm
<input type="checkbox"/>		Adrenaline enducing pastime that does not involve high risk (e.g. a roller coaster)
<input type="checkbox"/>		Box breathing and a sleep mask to assist adequate sleep instead of scrolling
<input type="checkbox"/>		Write your own:
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		Cheap Date Ideas for Developing Life Outside Work:
<input type="checkbox"/>		Living Room Pillow Fort Campout
<input type="checkbox"/>		Public Park Picnic
<input type="checkbox"/>		Matinee Movie
<input type="checkbox"/>		Midweek open mike night
<input type="checkbox"/>		Board Game Night
<input type="checkbox"/>		Stargazing
<input type="checkbox"/>		YouTube Cooking Class in the Kitchen
<input type="checkbox"/>		Write your own?
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		