

## Tips to Combat Stress

Stress from the job is real and, if not managed, can become deadly.

1. Develop interests, hobbies, and friends outside your job.
2. Schedule time to decompress and relax.
3. Create healthy eating habits by consuming balanced meals.
4. Drink eight 8-ounce glasses of water a day.
5. Improve physical fitness by creating a fitness routine.
6. Get plenty of rest and a full night's sleep.
7. Talk with peers and friends about how you are feeling, particularly after stressful incidents.

**If you are seeking immediate help for yourself or someone else, call or text:**

**The National Suicide Prevention Center**

**1-800-273-8255 (TALK)**

**Text CONNECT to 741741 or Call 911**