



# ***AVOIDING BURNOUT***

## BELIEVE IN YOUR STRENGTH

- **Keep learning about the law.** It might surprise you to learn that the biggest stressor many first responders report is plain, old-fashioned bureaucracy. Those who understand the reasons behind policies & procedures are better equipped to make smart decisions—and that makes the job less stressful.
- **Communicate with friends on the force.** Camaraderie often runs high in departments, though some still have trouble being open when they feel stress—or when they notice it in each other. Opening up to your co-workers will help with the things you see on the job and how they impact you.
- **Have a support system.** It is vital that you maintain your support systems outside of the job. Your family/friends will notice stress before you do.
- **Believe in something.** You see things beyond comprehension- having faith in *something* helps regain a sense of control and acceptance.
- **Community Engagement.** You look for, and deal with, the worst of society. You need reinforcement to remind yourself humanity can be good, and get to know the people you are protecting. It will help shape perspective & refresh your sense of mission.