



TOP 10 TIPS

FOR FIRST RESPONDERS, COUPLES AND FAMILIES

"HOMECOMING" HABITS

Shift from Shift Habits
Communicate
Make a Plan

TEND & BEFRIEND EACH OTHER

Listen
Clarify Needs and Intent
Become a "Power Couple"

MANAGE FEAR OF EXPOSURE

Circle of Fear
Circle of Influence
Focus on what you can Control

BE A MODEL OF EMOTIONAL RESILIENCE

Emotions are Contagious
Talk about situation & feelings
Discuss ways to work as Team

Connect with other FR Families

WIDEN THE VIRTUAL CIRCLE - FR FAMILY PEER SUPPORT

FR Singles need support too!

CREATE STRUCTURE & STABILITY

Embrace the Familiar
Get Kids Involved
Be Flexible

UNPLUG & LIMIT SCREEN TIME

Input = Output
Set Time Limits
Define "Digital-Free" Time

SLEEP FOR SANITY & IMMUNE SYSTEM SUPPORT

Make Sleep a Priority
Do Not Stay Up Late
Create Bedtime Rituals

GRATITUDE IS A SUPERPOWER

Identify
Share Gratitude with Others
Spread Love

REMEMBER YOUR HUMANITY

Pandemics Create Fear
Consider How You Can Reach Out
Kindness Counts!