



www.joinipsa.org

- Massages
- Meditation
- Walks in Nature
- Deep Breathing

RELAXATION

- Hiking
- Yoga
- Walks Together
- Working out together
- Martial Arts

PHYSICAL ACTIVITIES



GRATITUDE

- Journaling
- Share 3 things you are grateful for everyday

Staying Healthy Together In First Responder Couples

MAINTAIN SOCIAL CIRCLES

- Have social connections outside of work circles
- This helps with not getting caught up with 'work talk' at social gatherings.

COUPLE TIME

- Schedule 'date times'
- Give 10 minutes to ventilate about work; then agree to not talk about work for the rest of the date time.
- Do the little things
- Time away, whether it be a day trip or vacation- this helps rejuvenate connections

TRY A NEW HOBBY

- Trying something for the both of you.
- Do an activity you wouldn't normally do
- Pick a binge worthy TV show or podcast you both can enjoy together
- Try a cooking class

