



Living in the Fire
Without getting **BURNED!**

Stress Management in the Real World

All of us have stress in our lives. Stress is a normal and natural reaction to everyday experiences or to extreme and traumatic events. Stress can be either good or bad and reactions can be healthy or unhealthy. Chronic negative stress can lead to illness, injury, job dissatisfaction, and relationship problems. This 2-4 hour interactive course is a blend of facts, science and real life experiences intended to educate and entertain the audience with the basic ideas behind stress and stress management. You will take away useful tools for recognizing, preventing and managing stress in your life. The instructor is a professional Firefighter/Paramedic, Senior EMS instructor with 30 years experience.

- Stress defined & human response to everyday stress
- Personality types
- Personal, professional and emergency responder stress
- Critical incident stress
- Recognizing unhealthy levels of stress in yourself and others
- Psychic numbing
- Managing stress
- Relaxation techniques
- Prevention strategies



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Helping you to help others

