



FINDING YOUR WAY BACK

—  —
A QUICK WELLNESS GUIDE
FOR FIRST RESPONDERS



—  —
PROTECTING THOSE WHO PROTECT OTHERS



BUILDING YOUR HARBOUR

*Just as every ship needs a harbour,
every one of us needs a place—and people—
that help us weather life's storms.*

Take a few moments to build your harbour.



PEOPLE I TRUST

Who I can talk to. Who shows up.



PLACES WHERE I FEEL CALM

Where I can breathe. Where I feel safe.



ACTIVITIES THAT HELP ME RESET

What clears my mind. What recharges me.



MY REASONS TO KEEP GOING

What matters most. What I'm building for.



REMEMBER:

You are allowed to rest.

Even the strongest ships return to harbour.





FINDING YOUR WAY BACK

Welcome

If you're reading this,
take a moment to pause.

This guide isn't about fixing you—
because you're not broken.

It's a reminder that even the
strongest people need time
to rest, recover, and reconnect.

Whether today is a good day
or a difficult one, we hope you'll
find **something** here that helps.



Remember...

You matter.





FINDING YOUR WAY BACK

THE STRESS DAM

Stress is a normal part of life.
It's how we **manage the pressure** that matters.



WHAT ADDS TO THE PRESSURE?



Critical incidents



Shift work



Family stress



Lack of sleep



Financial pressure



Everyday life

When pressure builds up and we never release it, the dam can't hold forever.

Small, regular releases keep the dam strong and prevent overflow.

WHAT RELEASES THE PRESSURE?



Rest



Nature



Exercise



Talking



Journaling



Time with family & friends

**PRESSURE ISN'T THE PROBLEM.
PRESSURE WITHOUT RELEASE IS.**

Small, consistent actions keep your dam strong and help you weather the storms.

Your well-being matters. You matter.





FINDING YOUR WAY BACK

TRAUMA CHANGES THE BRAIN.

It doesn't change your worth.

After stressful or traumatic events, it's normal for your mind and body to react.

**You're not weak.
You're human.**

YOU MIGHT NOTICE:



Nightmares

Trouble sleeping or disturbing dreams



Irritability

Feeling on edge, angry, or easily frustrated



Avoiding people or places

Pulling away from things that remind you



Always on guard

Feeling jumpy, anxious, or unable to relax



HEALING IS POSSIBLE.

You don't have to go through this alone.

Help is here.





FINDING YOUR WAY BACK

SMALL STEPS. BIG IMPACT.

You don't need to have it all figured out.
You just need to take the next **small step**.



START SMALL



BREATHE DEEPLY

Take five slow breaths. Inhale calm.
Exhale stress.



MOVE YOUR BODY

Even a short walk can reset your mind.



WRITE IT OUT

Journaling helps you process
and release.



TALK TO SOMEONE

You don't have to carry it alone.



PROTECT YOUR SLEEP

Rest is not a luxury—
it's essential.



DO SOMETHING YOU ENJOY

Joy is fuel for your well-being.



*Breathe.
Focus.
Make it.
count.*



“

You don't have to
see the whole path.

Just don't stop walking.



PROGRESS, NOT PERFECTION.

*Every step forward counts.
Keep going—you're worth it.*



Some days will be harder
than others. That's okay.



Keep showing up for yourself.
You're stronger than
you think.



FINDING YOUR WAY BACK

YOU ARE NOT ALONE.

It's okay to ask for help.
It's okay to not be okay.



TALK TO SOMEONE

A friend, family member,
or someone you trust.



CONNECT WITH YOUR TEAM

Your team is stronger
when we look out for
each other.



ACCEPT SUPPORT

Let others help.
You don't have to carry
it all.



TAKE ONE SMALL STEP

Small actions today can
lead to brighter tomorrows.



BE KIND TO YOURSELF

Progress isn't always linear.
Healing takes time.

You matter. You belong. You are enough.



TOMORROW IS A NEW OPPORTUNITY.

Every sunrise is a reminder that difficult days don't last forever.



One conversation.



One breath.



One step at a time.

Keep going—you've got this.





FINDING YOUR WAY BACK

SOMEONE HAS BEEN HERE BEFORE.

A person who has found their way back can help light the path for someone still searching.



YOU DON'T HAVE TO CLIMB OUT ALONE.

The people who understand you best are often the ones who've stood where you're standing now.



ASKING FOR HELP ISN'T GIVING UP.

It's accepting a hand from someone who knows the way back.



THERE IS A WAY BACK.

Even if you can't see it now, hope is still there.



YOUR STORY CAN MAKE A DIFFERENCE.

One day, you may be the person who helps someone else.



“

Remember:
One day, your story may
become *someone else's hope.*





FINDING YOUR WAY BACK

SLEEP

Small changes matter.



DARK ROOM

Darkness helps your body produce melatonin.



COOL ROOM

A cooler room supports deeper, better sleep.



CONSISTENT ROUTINE

Go to bed and wake up at the same time each day.



LIMIT SCREENS BEFORE BED

Blue light can interfere with your sleep cycle.



GIVE YOURSELF PERMISSION TO REST

Rest is not a reward—it's a requirement.



SLEEP IS FOUNDATIONAL.

Better sleep improves your mood, memory, focus, and ability to handle stress.

Protect your sleep. Protect yourself.





FINDING YOUR WAY BACK

TAKE THE PAUSE.

It's part of the job too.



IT'S OKAY TO FEEL IT

Tough days happen.
Your feelings are valid.



TAKE A MOMENT

A short pause can help
you reset and refocus.



BREATHE

Slow breaths calm your
mind and body.



YOU ARE ENOUGH

You show up, you care,
and you make a difference.



KEEP GOING

Rest when you can.
Then take the next step.



REST FUELS TOMORROW.

Looking after your mental and physical health
helps you show up for others — and for yourself.

A stronger you, for a stronger tomorrow.





FINDING YOUR WAY BACK

SOME CALLS STAY WITH YOU.

Especially the ones who couldn't speak for themselves

Cruelty. Neglect. Injury. Loss.

You see things most people never will. And moving on to the next call doesn't always mean the last one has left you.



NOTICE WHEN SOMETHING STICKS.

Trouble sleeping. Irritability. Intrusive memories. Feeling numb or always on guard.



DON'T JUST PUSH THROUGH.

Being affected by the work doesn't mean you aren't strong enough to do it.



TALK ABOUT IT.

A partner. A coworker. Someone who understands. You don't have to carry every call alone.



MAKE ROOM FOR RECOVERY.

The work matters. So does what it takes out of you.



A STRONG HEART CAN GET TIRED, TOO.

Take care of the person who keeps showing up.





FINDING YOUR WAY BACK

RESOURCES

NEED MORE SUPPORT?

Whether you're having a tough day or just need someone to talk to, help is here. You are not alone.



CRISIS SUPPORT

Immediate support is available 24/7. You don't have to go through this alone.



TALK TO SOMEONE

Trained professionals are here to listen, support, and help you through.



EDUCATION & TOOLS

Helpful guides, coping tools, and information to support your mental well-being.



LOCAL & PROVINCIAL SUPPORT

Find programs and services in your province or community that can help.



YOU MATTER

Take the first step. Reaching out is a sign of strength, not weakness. There is hope, and support.

You matter. You belong. You are enough.



“

You don't have to see the whole path.

Just don't stop walking.



IN CRISIS? CALL OR TEXT 9-8-8 (24/7)

Canada's national suicide crisis helpline.

You may receive a message that you are being connected to your provincial service when connecting to 9-8-8 if you are located in Quebec, Prince Edward Island, and New Brunswick.

Help is available. You matter.



VISIT OUR WEBSITE

Find resources, support and helpful information when you need it.





FINDING YOUR WAY BACK

Storms eventually pass.

The lighthouse
doesn't stop the storm.

It simply reminds us
where **home** is.

*Keep going.
You matter.*



— INITIATIVE —

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