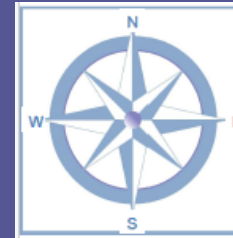


November 2023



RESPONDER ASSISTANCE INITIATIVE
Support for public safety personnel on the job and at home.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>Coping with Stress</h2>			1 Know your stress triggers. Keep a journal.	2 Under commit yourself.	3 Close your eyes. Focus on your breath	4 Light a candle. Take a bubble bath.
			5 Eat at your favorite restaurant.	6 Focus more on things you can control.	7 Get out and walk during lunch today.	8 Stay solution oriented.
12 Get in the car and go! Explore a new place.	13 Start the weekoff with a clean workspace.	14 Get rid of one nagging little task.	15 Stay informed, not obsessed, with the news.	16 Have a spontaneous dance party.	17 Reserve 30 minutes of quiet time.	18 Spend time with elders. Share stories.
19 Take a brisk walk.	20 Keep things in perspective.	21 Ask for help at work and home.	22 Don't overdo the sugar.	23 Count your many blessings.	24 Set a budget for holiday spending.	25 Reconsider negative friendships.
26 Reduce Monday dread...Schedule something fun.	27 Use positive power. Think good thoughts.	28 Have the courage to be imperfect.	29 Set boundaries for your interruptions.	30 Call to learn about RAI services!	<p>866-731-6901 Assistance is Free and Confidential</p> <p><u>START THE PROCESS:</u> You will be asked to leave a confidential message which will be returned within one business day. This is not an emergency crisis line. Call 911.</p>	

