

Get Our Turkey Day



Survival Guide



# RESPONDER ASSISTANCE INITIATIVE

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

# 866-731-6901

Assistance is Free and Confidential

### START THE PROCESS:

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.

D	P	A	C	E	Y	O	U	R	S	E	L	F	C	V	E	C	N	A	V	D	A	N	I	K	O	O	C
O	D	F	V	P	A	H	D	M	Z	C	S	T	O	H	S	P	A	N	S	W	E	F	A	E	K	A	T
N	P	A	H	O	Q	N	W	E	I	Y	G	E	T	A	R	T	S	T	I	X	E	N	A	E	V	A	H
T	R	T	Y	U	I	O	W	T	E	N	K	P	F	A	T	N	O	I	T	A	T	I	D	E	M	K	I
P	S	B	D	K	F	D	S	A	G	L	D	E	N	E	E	S	E	T	A	G	E	L	E	D	H	N	N
O	Q	F	E	G	T	I	P	N	L	M	B	F	E	D	S	J	E	H	G	F	Z	R	B	S	W	O	K
K	F	B	T	Y	L	R	G	O	G	K	H	A	U	P	N	T	M	T	V	Z	I	X	I	M	E	W	Y
E	T	D	G	A	O	F	O	H	L	N	O	T	T	L	K	Y	I	B	N	A	P	D	N	B	A	Y	O
T	E	H	E	E	R	U	V	P	C	I	I	F	P	T	L	I	F	V	H	O	W	H	F	G	R	O	U
H	G	R	A	C	V	S	R	B	P	T	T	A	F	I	A	Y	D	S	E	E	C	J	L	S	S	U	R
E	E	P	S	N	X	Z	Q	S	A	U	N	I	A	S	T	S	E	S	N	M	S	E	T	V	T	R	D
B	T	L	L	Q	K	G	T	R	E	A	S	D	C	A	T	R	E	A	B	E	U	A	I	E	R	T	R
E	M	A	P	E	N	T	G	B	E	L	E	T	K	S	F	R	Y	N	T	U	Y	S	L	P	E	R	I
A	O	Y	A	O	H	U	H	K	I	S	F	E	E	E	O	R	E	B	O	C	S	B	I	P	T	I	N
R	V	B	C	P	U	R	A	E	I	Z	B	V	M	G	T	C	O	S	A	H	A	Y	N	C	C	G	K
C	I	O	E	L	R	T	O	C	C	R	Q	O	W	V	G	U	R	L	S	T	P	O	H	R	Y	G	H
D	N	A	Y	A	F	B	R	F	E	O	S	N	E	N	N	Y	M	H	S	K	E	O	E	L	P	E	T
Y	G	R	O	N	Y	E	G	A	K	T	O	N	F	D	S	D	F	D	V	M	T	E	N	N	A	R	A
L	W	D	U	M	X	L	K	Z	E	S	J	K	A	E	R	H	I	C	A	W	T	T	D	N	N	S	E
R	S	G	R	E	U	S	W	G	V	O	A	R	R	G	E	K	R	G	X	N	I	Y	E	H	T	U	R
A	E	A	S	N	R	E	J	O	Y	R	I	D	T	H	V	U	E	E	U	Q	G	J	E	M	S	I	B
E	R	M	E	U	E	D	K	T	L	E	T	S	D	I	O	H	E	L	T	U	O	R	E	D	R	O	T
P	T	E	L	B	G	D	E	H	S	S	B	W	F	O	T	R	O	M	A	K	E	A	P	L	A	N	S
O	Q	S	F	E	D	I	S	T	U	O	T	E	G	T	F	V	P	L	A	N	A	H	E	A	D	O	U
H	A	C	R	A	N	B	E	R	R	Y	S	A	U	C	E	I	N	A	C	A	N	U	W	P	A	H	J
S	B	U	Y	C	O	O	L	W	H	I	P	F	E	G	L	U	D	N	I	R	E	V	O	T	N	O	D

DON'T OVERINDULGE - JUST BREATH - COOK IN ADVANCE - DON'T POKE THE BEAR - EAT SLOWLY - HELP OUT  
 BE REALISTIC - SHOP EARLY - PACE YOURSELF - GET MOVING - AVOID POLITICS - KID'S TABLE - MINDFULLY EAT  
 PUT THE GAME ON - THINK YOUR DRINK - HAVE AN EXIT STRATEGY - LEFTOVERS - CRANBERRY SAUCE IN A CAN  
 PACE YOURSELF - TAKE A FEW SNAPSHOTS - GRATITUDE - BE KIND - NO PHONES AT TABLE - WALK OFF STRESS  
 GET SOME FRESH AIR - TRY A NEW DISH - PIE CONTEST - FESTIVE MUSIC - PLAN MENU - PLAY BOARD GAMES  
 KNOW YOUR TRIGGERS - TAKE BREAKS - THANK THE COOK - ENJOY - WEAR STRETCHY PANTS - STAY CALM  
 VOLUNTEER - SET BOUNDARIES - EXERCISE DAILY - GET SUPPORT - MAKE A PLAN - ASK FOR HELP - MEDITATION  
 GET OUTSIDE - KEEP KIDS BUSY - DELEGATE - BUY COOL WHIP - PLAN AHEAD - BE YOURSELF - ORDER OUT  
 TAKE A NAP