Staying Healthy Together
In First Responder Couples

**COPPEL 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

**RELAXATION**
- Massages
- Meditation
- Walks in Nature
- Deep Breathing

**PHYSICAL ACTIVITIES**
- Hiking
- Yoga
- Walks Together
- Working out together
- Martial Arts

**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

**GRATITUDE**
- Journaling
- Share 3 things you are grateful for everyday

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

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