

5 TIPS FOR Taking Care of Your Mental Health

Practice Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support When Needed

Reach out to family, friends or mental health professionals when necessary.



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101 Tips to Ace Your Promotional Exam Steve Prziborowski, 2021-01-13 Chief Steve Prziborowski reveals more than 101 tips for getting promoted and becoming a vital asset to your fire department family and community. From soft skills to hard truths this book covers what you need to move up the ranks the right way. FEATURING Sound advice for personal growth and personal improvement for any firefighter of any rank who wishes to advance. Insights, tricks and tips for avoiding the pitfalls while preparing for a comprehensive promotional testing process. Bonus Guidance from 37 professional knowledgeable fire service veterans. What others are saying: Just like firefighting, getting promoted and moving up isn't something you can succeed in alone, it takes a team. Steve has assembled a whole bunch of good fire service veterans who own their very personal experiences, bumps and bruises along with their successes to help you figure this out. Sit back and prepare to soak up decades of advice based on experience so you can start the climb up. Deputy Chief Billy Goldfeder Proudly bumped and bruised since 1973. After years of teaching thousands of aspiring fire rescue officers, Steve Prziborowski has documented his highly successful training information. You need this book if you are looking to get the edge up on the competition and demonstrate to the hiring authority that you are ready for the job. If you are serious about being a successful fire rescue officer at any rank, do yourself a favor and add this text to your personal library today. Fire Chief Dennis L. Rubin: Committing to taking a promotional exam requires a Herculean effort, a never looking back attitude and a willingness to give up your life as you know it until the exam is over. The book is an invaluable resource to guide your journey. Study hard and then study harder. Good luck! Deputy Chief Ret. Anthony Avillo, North Hudson Regional NJ Fire and Rescue

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Contributors Tracey Benson Alina Campana Elisabeth Chan Lavette Coney Jeanne Connelly Jennifer C Dauphinais Addison Duane Heidi Faust Betty Forrester JPB Gerald Simona Goldin Paul C Gorski Daisy Han Debi Khasnabis Katie Kitchens Amelia M Kraehe Anna Kushner Lindsay Lyons Cheryl Matias Andr a C Minkoff Theresa Monta o Jenna Kamrass Morvay Crystena Parker Shandal Cherie Bridges Patrick Maria Gabriela Paz Brianne Pitts Chris Seeger Greg Simmons Daniel Tulino Katherine Wood *Annual Report of the Insurance Commissioner of the State of Vermont* Vermont. Insurance Commissioner, 2006

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teens about mental illness and treatment along with tips for maintaining mental and emotional health **Press Summary -**

Illinois Information Service Illinois Information Service,1991 *Gale Guide to Internet Databases* Gale Group,1999-11

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