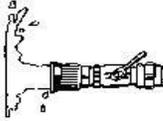


# PHOENIX FIRE DEPARTMENT FIRE FITFACTS



Be Nice

Prevent Harm

Survive

## Principles of Success: Beating the Stress

Firefighters are under an incredible amount of stress. From dealing with catastrophic emergencies to balancing long shifts away from home, the life of a firefighter can be stressful. Stress is the way the body responds to an outside or interpreted stressor - it is the body's mechanism to survive. Stress has been described as change since any change causes a response. Even a positive change can produce stress.

Many experts agree that one of the most stressful times in a human being's life is during high school. You are bombarded by so many expectations from your parents, your teachers, your community, your church, your friends, your teammates, and even yourself. Simultaneously, you are in a state of constant change. Your social status, your body, your personality, your environment and even your hopes and dreams are continually changing and evolving. How will you survive this stress? Is there a way to actually use this stress to make yourself better?

One of the best ways to deal with stress is to exercise consistently. Exercise has been proven to release happy neurotransmitters, endorphins, that make you relax, feel less pain, and even improve your mood.

Physical Activity Can:

- ☺ help you feel less anxious
- ☺ relax you
- ☺ make you feel better about yourself
- ☺ make you eat better



So the next time you are feeling stressed, when you feel like your coping mechanisms are running thin, when your bucket of stress is overflowing ~ go for a run, lift some weights, take a Yoga class, or do some physical activity.

### From Stress to Success

Negative Positive

Anxiety Excitement

Stressor Challenge

Terrible experience

Learning experience



**Mental Toughness –**  
The ability to control your thoughts and emotions.

**“Everything that irritates us about others can lead us to an understanding of ourselves.”**  
**Carl Jung**

**What would you attempt to do if you knew you could not fail?**