

# 5 TACTICAL STRESS TOOLS



**Stay Locked In, Dialed, & Ready to Roll—Even on Long Shifts**

## TACTICAL STRESS TOOL #1: **STAY READY**

When the radio's quiet, take 3–5 minutes to stretch, step outside, or control your breathing. This proactive practice keeps stress from stacking up and helps you stay sharp for whatever comes next.

## TACTICAL STRESS TOOL #2: **FUEL UP TO LAST**

Running on fumes leads to crashes when you least expect it. Smart fueling keeps your head clear and your energy steady. Pack quick, clean fuel like protein bars, shakes, or nuts, and set a timer on your phone to remind yourself to hydrate.

**STAY SHARP.  
STAY SAFE.**

Tools like these help you stay in the fight without burning out.

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## TACTICAL STRESS TOOL #3: **TALK IT OUT WITH THE CREW**

Use down moments to check in with your team. Shared pressure is lighter pressure, and you might be surprised who needs a debrief.

## TACTICAL STRESS TOOL #4: **SHAKE OFF THE SURGE**

Don't let adrenaline burn you out. After a high-stress scene, take a minute to bring down your baseline. Box breathing can help: Inhale for four counts, hold for four counts, exhale for four counts, hold for four counts, and repeat.

## TACTICAL STRESS TOOL #5: **CLOCK OUT THE RIGHT WAY**

You can't be present at home if you're still running the last call in your head. Build a simple "shift-off" routine that works for you: Shower, change, or listen to some music before interacting with your family.