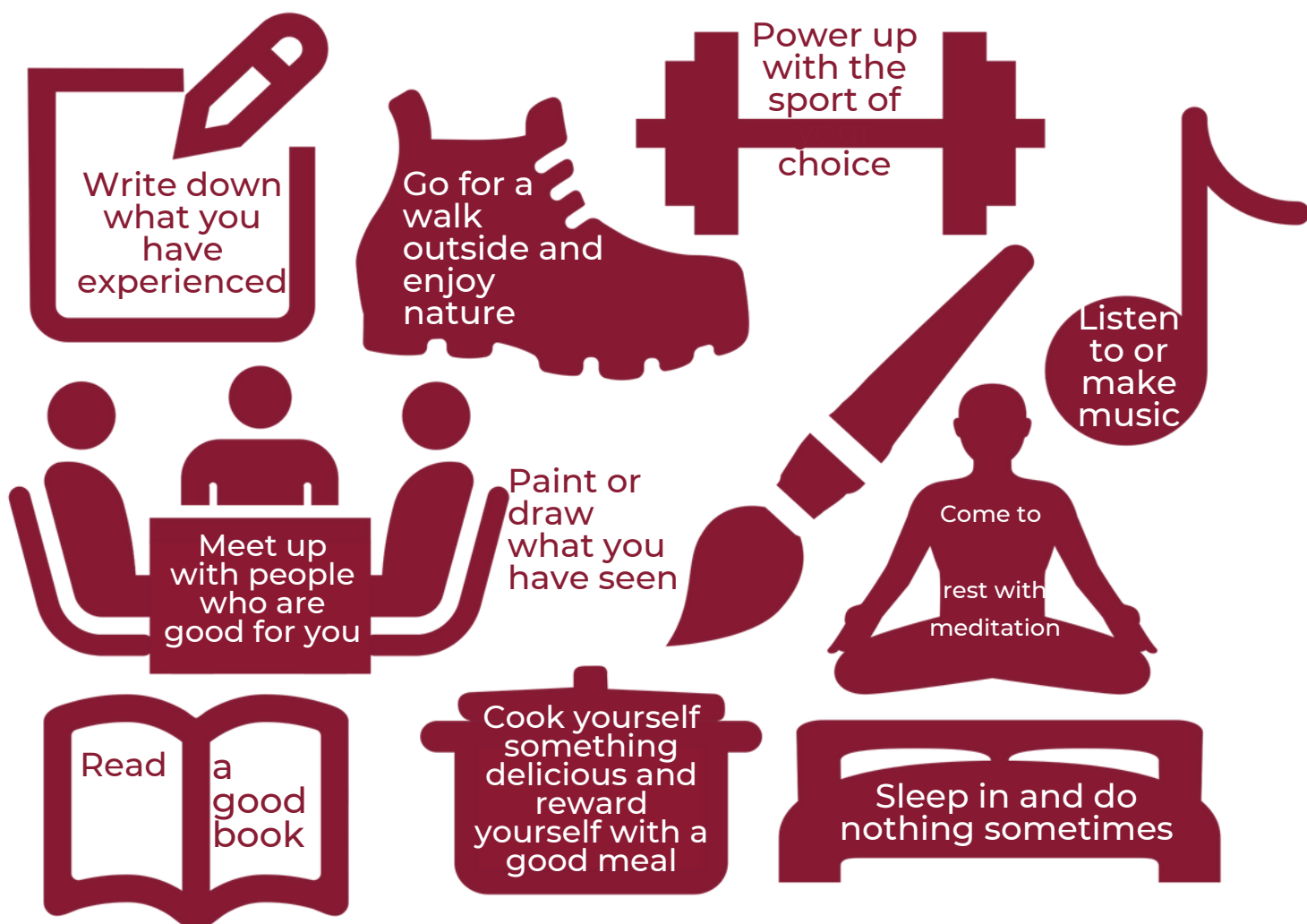


# HELPER-GUIDE

## ZIVILE SPONTANHILFE

### FIND YOUR BALANCE

After your deployment in the spontaneous aid, it is important that you take time to process what you have experienced and calm down. If you find this difficult, we have a few suggestions for you to help you find a balance:



Anything that helps you calm down is fine, but you should be careful with this:

There's nothing wrong with a beer after work, but alcohol can intensify negative feelings, so it's better to be careful - also in terms of frequency and quantity.

Keep up to date, but too much news consumption can also be stressful, so take good care of yourself.

