

## **Dealing With Stress – Kyle Hughes**

### **TRANSCRIPT**

**KYLE:**

The most unique part of this job is that when everybody else is running out, we're running in. Whenever we're called we're helping people at the worst times of their lives. We all have to deal with the stress in our own way. You can't carry that, you need to let it go. There's a lot of things I do to let it out. I run to relieve the stress. I write. Being creative is a huge outlet. Emotionally and mentally, it's something I need to do. The hardest part is talking about what we see. You're trying to live life as normal as you can. If you isolate yourself, you're asking for trouble. Communication is important, knowing that you're not dealing with this stuff by yourself. My name is Kyle Hughes and I'm a firefighter.