

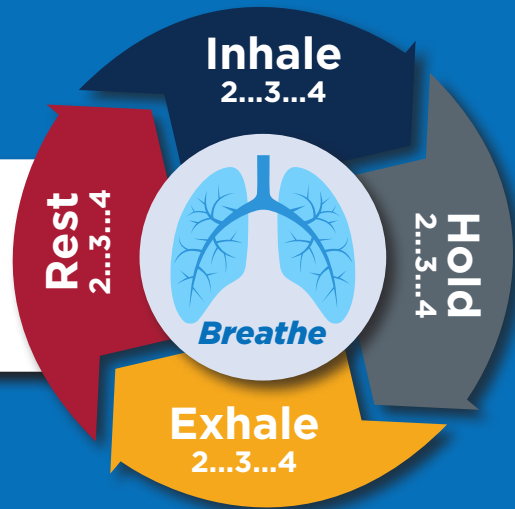
RESILIENCE STRATEGIES FOR PUBLIC INFORMATION OFFICERS

Your role is critical in maintaining police and community safety and wellness. You engage with the community to provide vital information and advocate for your agency. It is important that you support your own wellness to be better prepared to help and connect with others.

STRESSOR	RESILIENCE STRATEGY
<p>Difficulties with Time Management or Burnout</p>	<p>Set aside time each day for yourself to decompress and refocus your purpose; pencil it into your calendar. MAINTAIN HEALTHY HABITS, such as eating nutritious food, exercising regularly, and getting enough sleep.</p>
<p>Reporting Traumatic or Devastating News</p>	<p>Create a routine that incorporates MINDFULNESS (being present and deliberately aware of what you are seeing and feeling) and breathing exercises to calm your mind and focus on what you can control.</p>
<p>Reliving Trauma or Experiencing Compassion Fatigue</p>	<p>CHECK IN REGULARLY with those in your support system (colleagues, family, friends) and utilize departmental resources (EAP, chaplains, psychologists, peer support).</p>
<p>Establishing a Reputation and Working with the Media</p>	<p>Identify your character strengths – such as honesty, creativity, humor, and leadership – and leverage these to navigate challenges and STRENGTHEN CONNECTIONS.</p>



Reduce anxiety and improve focus and energy with **deliberate breathing**



LOOK FOR THE GOOD

NOTICE and REFLECT on everyday positive experiences in your role as a public information officer, how others have helped you, and the good in the world. Deliberate recognition of even the smallest of good things can cultivate gratitude, which can lead to many benefits including improved mental health, increased sleep, and higher productivity.



Identify and reflect on *THREE* positive experiences, or benefits from a challenging experience, within the last 24 hours to build resilience and practice gratitude.

For more resilience skills and wellness practices, contact OSW@theIACP.org or visit www.theiacp.org/osw.

