You are a valuable resource for the law enforcement community and beyond, offering comfort and counsel to those in need. As a trusted member of the police support system, it is essential to be prepared for challenging situations. To fulfill this responsibility, your personal needs must also be considered and prioritized.

## Resilience Strategies for Police Chaplains

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Resilience Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiencing Compassion Fatigue</td>
<td>Set aside time each day for yourself to decompress and refocus. Assess the impact of your daily routines to restore your energy and <strong>REINVIGORATE YOUR FAITH AND PASSION</strong>.</td>
</tr>
<tr>
<td>Coping with Exposure to Trauma</td>
<td>Acknowledge that the job is difficult and practice self-compassion. <strong>CHECK IN REGULARLY</strong> with those in your support system (colleagues, family, friends) and cultivate fulfilling hobbies that will provide positive outlets from the pressures of the position.</td>
</tr>
<tr>
<td>Establishing Rapport</td>
<td><strong>IDENTIFY YOUR CHARACTER STRENGTHS</strong>—such as honesty, approachability, humor, and empathy—and leverage these to strengthen connections. Be open to formal and informal interactions with colleagues while maintaining proper boundaries.</td>
</tr>
<tr>
<td>Establishing Your Role in a Law Enforcement Agency</td>
<td>Reframe counterproductive thoughts to <strong>BUILD CONFIDENCE IN YOUR ROLE</strong>. Participate in department activities and programs to build connections with officers and care for yourself.</td>
</tr>
</tbody>
</table>

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**Valor**

**Bureau of Justice Assistance**

**International Association of Chiefs of Police**
Reduce anxiety and improve focus and energy with deliberate breathing

Inhale 2...3...4

Hold 2...3...4

Exhale 2...3...4

Rest 2...3...4

Breathe

LOOK FOR THE GOOD

NOTICE and REFLECT on everyday positive experiences in your role as a police chaplain, 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.

YOUR TURN

Identify and reflect on THREE positive experiences, or benefits from a recent challenging experience, to build resilience and practice gratitude.

For more resilience skills and wellness practices, contact OSW@theIACP.org or visit www.theiACP.org/resources/document/officer-safety-and-wellness.

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