As a frontline officer, you play a crucial role in protecting your community. Your everyday duties, while rewarding, may also be stressful and overwhelming. For the benefit of your own overall wellbeing, your community, and your fellow officers, it is important to safely and effectively manage the pressures that come with the job.

**STRESSOR** | **RESILIENCE STRATEGY**
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Coping with Cumulative Stress | Acknowledge that the job is demanding, and practice self-compassion. Set aside time each day for yourself, even just for a few minutes, to decompress and refocus. Assess the impact of your daily routines to restore your energy and **REINVIGORATE YOUR PASSION** for the policing profession.
Experiencing Prolonged Tension Leading to Negative Physical Health Effects | **PRACTICE MINDFULNESS ACTIVITIES**—such as exercising, listening to music, meditating, or journaling—and incorporate breathing exercises, a healthy diet, and positive sleeping habits into your daily routine.
Feeling Helpless or Catastrophizing Certain Situations | Identify common triggers to understand when you fall into negative thinking traps. Recognize when your thoughts are becoming negative and try to shift your thinking to **FOCUS ON WHAT YOU CAN CONTROL**. Utilize departmental resources (EAP, chaplains, psychologists, peer support) for additional support.
Managing Pressures of the Policing Profession | **CULTIVATE PERSONAL CONNECTIONS** and fulfilling hobbies that will provide positive outlets from the pressures of police work, while avoiding isolation. Focus on activities and relationships with family and friends outside of the job.
Inhale 2...3...4

Hold

Rest 2...3...4

Exhale 2...3...4

Breathe

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 frontline officer. Consider not only how you have helped others, but also how others have helped you, and prioritize taking note of 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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