

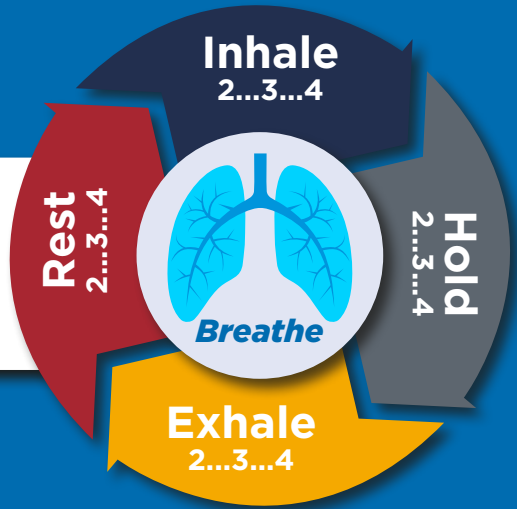
RESILIENCE STRATEGIES FOR LAW ENFORCEMENT FAMILIES

You play an important role in helping officers maintain healthy, balanced lives — but you are only equipped to provide that support if you prioritize taking care of yourself, too. All families have their own unique ways to navigate the challenges and opportunities that come with a life in law enforcement. These tips translate across many situations and may help you to develop your own approach for handling these realities.

STRESSOR	RESILIENCE STRATEGY
<p>Work-Life Balance</p>	<p>ESTABLISH ROUTINES to assist with the transition from work to home each day. Plan activities to include all family members and encourage quality time. Discuss boundaries surrounding conversation topics related to work.</p>
<p>Encountering Relationship Strain</p>	<p>PRACTICE CONSTRUCTIVE COMMUNICATION strategies, including clearly expressing your feelings and actively listening to the other perspective.</p>
<p>Dwelling on Negative Media Coverage</p>	<p>Avoid overexposure and UNPLUG. Participate in activities you enjoy, such as exercising, listening to music, spending time with loved ones, or meditation. Refrain from engaging in contentious, negative, or unproductive conversations with friends and family.</p>
<p>Feeling Helpless or Catastrophizing Certain Situations</p>	<p>Create personal cues to give yourself greater control over your thoughts and REFRAME YOUR THINKING. Utilize departmental resources (EAP, chaplains, psychologists, family programs) for additional support.</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 law enforcement family member, 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 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.

