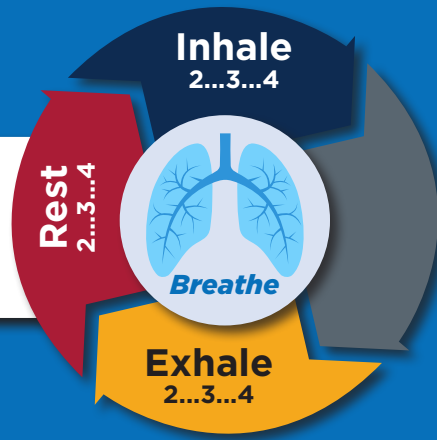


RESILIENCE STRATEGIES FOR RETIREES

While leaving a career in law enforcement can reduce many work-related stresses, retiring from service may bring a new set of challenges. In order to fully appreciate this well-deserved phase of life, it is important to properly address and manage the potential difficulties associated with a post-career reality.

STRESSOR	RESILIENCE STRATEGY
Coping with Residual Trauma	ACKNOWLEDGE that the impacts of the job are long-lasting, and practice self-compassion. CHECK IN regularly with those in your support system (colleagues, family, friends) and utilize departmental resources (Employee Assistance Program [EAP], chaplains, psychologists), which may be available post-career.
Adjusting to a New Routine	CULTIVATE a balanced lifestyle, incorporating fulfilling hobbies, interpersonal relationships, and restful activities. ALLOCATE your energy in ways that promote overall life satisfaction.
Staying Connected to the Policing Community	STAY CONNECTED to the community through volunteer work, consulting, or mentorship opportunities. PLAN interactions with former colleagues and find meaningful engagement through online networks or social clubs.
Creating a Financial Plan	CONSULT with department representatives to gain information on available resources. COMMUNICATE with family to adequately address financial needs and goals for retirement.

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



LOOK FOR THE GOOD

NOTICE and REFLECT on everyday positive experiences in your life. Consider not only how you have helped others, but also how others have helped you, and prioritize taking note of 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 aspects or benefits from a recent challenging experience. This can include experiences in the community, on your own, or with your family. This activity will help you 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.

