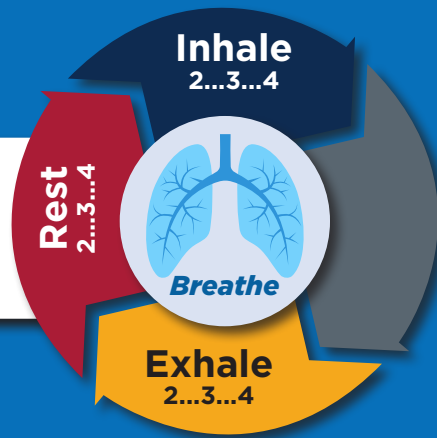


RESILIENCE STRATEGIES FOR CORRECTIONS & DETENTION OFFICERS

As a corrections or detention officer, you contribute significantly to protecting your community and keeping it safe. Your everyday duties also ensure the safety and effective management of incarcerated individuals, which can be stressful. For the benefit of your overall well-being, your community, and your fellow officers, it is important to prioritize effectively managing the pressures that come with the job.

STRESSOR	RESILIENCE STRATEGY
<p>Feeling Isolated from Peers in a Dangerous Environment</p>	<p>ACKNOWLEDGE that the job is demanding and that you are in a potentially dangerous environment. Identify common triggers to understand when you fall into negative thinking traps, and practice self-compassion when facing challenging situations. Ensure you have the necessary backing from colleagues and supervisors to feel safe and supported.</p>
<p>Experiencing Repeated Exposure to Negative Behaviors and Events</p>	<p>UNDERSTAND that you may be exposed to harassment, threats, fights, and other dangers. These experiences can affect your mental, physical, and emotional health. Set aside time each day for yourself, even just a few minutes, to decompress. Exercise, music, or breathing exercises can promote balance and effective coping. Use agency wellness resources (EAP, chaplains, psychologists, peer support) to talk through your feelings or process challenging events.</p>
<p>Dealing with Feelings of Frustration, Helplessness, or Cynicism</p>	<p>It is natural to sometimes feel frustrated or helpless when working with an incarcerated population. AVOID ruminating on the negative and focus on what you can control. Remind yourself of the “wins,” and refocus on your purpose. ASSESS the impact of your daily routines to restore your energy and reinvigorate your passion for the profession. Check in regularly with those in your support system, including colleagues, family, and friends.</p>
<p>Managing Shift Work</p>	<p>ESTABLISH routines for consistency and to assist with the transition from work to home each day. Plan activities to promote personal connections and maintain quality time in your relationships.</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 corrections or detention officer. 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.



To build resilience and practice gratitude, identify and reflect on **THREE** positive experiences or benefits from a recent challenging experience. This can include experiences during the workday, out in the community, or with your family.

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

