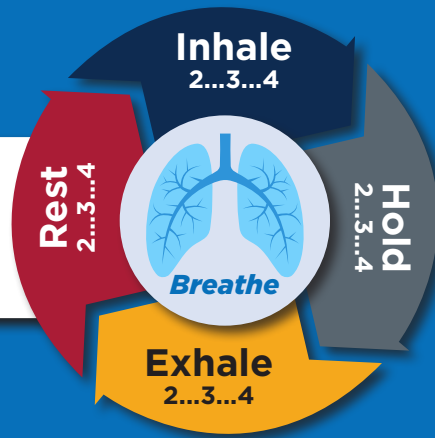


RESILIENCE STRATEGIES FOR SCHOOL RESOURCE OFFICERS

As a school resource officer, you have a unique role in providing a link between law enforcement and the community by serving the youth of your district. To fulfill the responsibilities of this valuable role and effectively support the youth you interact with, it is important to also actively prioritize your own well-being.

STRESSOR	RESILIENCE STRATEGY
Managing a Variety of Roles and Responsibilities	ACKNOWLEDGE that the job is demanding, and practice self-compassion. SET ASIDE time each day for yourself, even just 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.
Dwelling on School-related Critical Incidents and Negative Media	AVOID overexposure to the media and refrain from engaging in contentious, negative, or unproductive conversations with friends and family. RECOGNIZE when your thoughts are becoming negative and try to reframe your thinking to focus on what you can control.
Balancing Authority and Compassion	IDENTIFY your character strengths—such as honesty, approachability, humor, and empathy—and leverage these to strengthen connections. PRACTICE constructive communication to build positive relationships and develop mutual respect through your interactions.
Establishing Your Role in an Academic Environment	PARTICIPATE in activities with students and faculty to create familiarity and increase trust. COMMUNICATE with school staff and supervisors to understand your responsibilities and set expectations for how to respond to specific incidents.

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 school resource 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.



Identify and reflect on *THREE* positive aspects or benefits from a recent challenging experience. This can include experiences during the workday, in the community, 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/osw.

