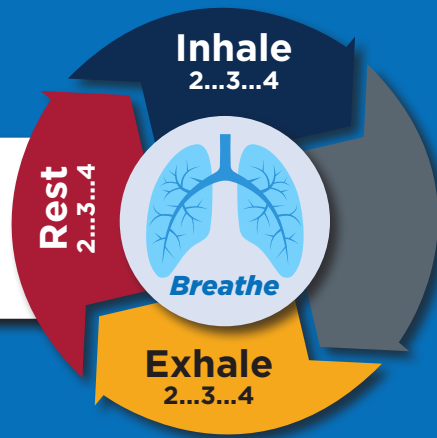


# RESILIENCE STRATEGIES FOR FIELD TRAINING OFFICERS

**Y**our duties as a field training officer have lasting impact on the law enforcement profession. Serving as a role model to the newest generation of officers gives you a unique influence on agency culture, which is a significant responsibility. Taking care of yourself should be prioritized to feel your best and give your best to those you have been entrusted to support.

STRESSOR	RESILIENCE STRATEGY
<b>Coping with Burnout or Cynicism</b>	<b>ACKNOWLEDGE</b> that the job is demanding, and practice self-compassion. <b>CULTIVATE</b> gratitude to identify and appreciate the positive aspects of your role. <b>ASSESS</b> the impact of your daily routines to restore your energy and reinvigorate your passion for the profession.
<b>Adapting to a Teaching Role</b>	<b>BE PATIENT</b> with yourself and your fellow officers. <b>IDENTIFY</b> your character strengths—such as honesty, approachability, humor, and empathy—and leverage these to strengthen connections and improve communication.
<b>Feeling Helpless or Catastrophizing Certain Situations</b>	<b>SET ASIDE</b> time each day for yourself, even just a few minutes, to decompress. <b>CHECK IN</b> regularly with those in your support system, including colleagues, family, and friends.
<b>Managing and Balancing Additional Responsibilities</b>	<b>PRACTICE</b> open communication with supervisors and trainees to determine needs, reasonable expectations, and appropriate boundaries. When feeling overwhelmed, <b>FOCUS</b> on what you can control.

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 field training 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 while on shift, out 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](mailto:OSW@theIACP.org) or visit [www.theiacp.org/osw](http://www.theiacp.org/osw).

