

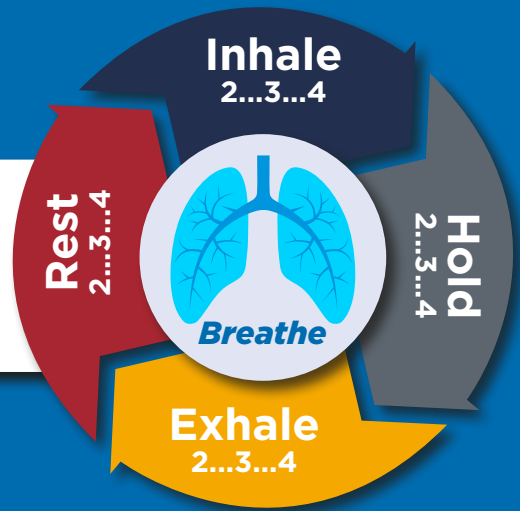
RESILIENCE STRATEGIES FOR VICTIM SERVICES PERSONNEL

You serve a vital role in supporting victims and witnesses of crimes through difficult situations and maintaining positive relationships throughout criminal justice procedures. Extending yourself the same care you show to others will help you to continue serving your community to the fullest extent.

STRESSOR	RESILIENCE STRATEGY
<p>Coping with Exposure to Trauma</p>	<p>Acknowledge that the job is difficult, and practice self-compassion. CHECK IN REGULARLY with those in your support system (colleagues, family, friends) and utilize departmental resources (EAP, chaplains, psychologists).</p>
<p>Managing Heavy Case Loads</p>	<p>Communicate with supervisors to set boundaries surrounding responsibilities and expectations. When feeling overwhelmed, prioritize tasks and reframe your thinking to FOCUS ON WHAT YOU CAN CONTROL.</p>
<p>Creating Partnerships and Integrating into Police Culture</p>	<p>Identify your character strengths—such as honesty, compassion, active listening, and empathy—and leverage these to STRENGTHEN CONNECTIONS with colleagues. Foster professional connections to others doing similar work in the field.</p>
<p>Establishing Your Role in a Law Enforcement Agency</p>	<p>Set aside time each day to reflect on your purpose and appreciate the impact of your interactions with others to BUILD CONFIDENCE IN YOUR ROLE. Participate in department activities and programs to build connections with officers and care for yourself.</p>



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



LOOK FOR THE GOOD

In your role as a victim service provider, NOTICE and REFLECT on everyday positive experiences, how others have helped you, and the good in the world. Even the smallest of good things can cultivate gratitude and 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.

