Resilience Pre Plan Handout

SELF ASSESSMENT

This document is for your personal use only and will not be collected. It is meant to inspire conversation or new behaviors as you work towards improving your life.

The ten sections below are one way of representing a whole life. – there's also a blank row so you can add your own. Rate your current level of **satisfaction** with each topic.

	Current Rating 1-10
Friend life	
Financial life	
Fun	
Hobbies	
Family	
Relationship	
Physical Health	
Spiritual Health	
Sleep Habits	
Career/Job	
Other:	

Of the above, which topic areas were rated the lowest?

1. _____
2. _____

Pick **ONE** topic area above to focus on and ask yourself "What's *one small action* I can take to improve my rating?"

> For example, if you rated Fun at a 5, what small action could you take to move it closer to a 6? Examples might include: schedule a fun activity/game to attend/block time on calendar to do the fun thing. Focus on what **you** <u>can</u> control only, not the behavior of others.

_____

_____

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Calls

Calls that stick with me. Please note calls that sometimes still affect you or ones that you can't shake (details are not necessary, just note enough so that it makes sense to you):

How full is my "backpack" (e.g., lots of stress, lots of bad calls, etc.)?

Assign a percentage (e.g., 90% - I'm almost totally overflowing) _____

How I typically deal with stress (e.g., drink, pray, meditate, nature, share with a friend, spend time with family, just keep pushing through, work out, get pissed, etc.):

_____

Resilience Strategies

1. Nervous System Support. Do I take time every day to relax intentionally? (Internet and/or drinking do not count)

   If yes, what do you do? _____

   If no, what could you do? _____

   This is different and individual for each person. Examples include, have coffee with my spouse every morning, read from my devotional before work, meditate 5 minutes in the morning, listen to inspiring music, stretch before bed, etc.

2. Physical Body
   a. What do you do daily to move or exercise?

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b. What am I consuming? What is being absorbed into my body? Nutritionally? Digitally (negative media images, violent shows, etc.)? Socially (gossip, complaining, drama)?

**Ask self with every action: Is this good for my brain & body or not-so-good?*

c. How's my drinking/substance use?

How many alcoholic drinks do you have each day? _____
(Note: One drink is defined as 12 oz of a regular beer, 5 oz of wine, 1.5 oz of distilled spirits)

Each week? _____

Other Substances? _____

3. <u>Connection & Social Support.</u> Who do you talk to when you have a bad day? This should be someone you fully trust and don't sugar-coat things for.

4. <u>Transition Times</u>

How you manage transitioning to your role and back home/not working can have an impact on how you feel. Many people who are doing well in public safety have specific ways they do this (e.g., hug kids when get home, take a shower, deep breathing exercises before walking into the house, connecting with higher power, etc.)

a. How do you transition TO your role in public safety (a shift, going on a call, etc.)

b. How do you transition back to home life after a shift/call?

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c. What is something that would help you transition better on/off a shift/call? (that you have control of!)

4. Mindset. A person's mindset is their way of thinking and/or their opinions. Our mindset it the lens or filter in which we view the world and our experiences. How you view yourself or others can have a significant impact when it comes to what you experience in your life. Examples include: "People are idiots," "The world is unsafe", "I don't trust anyone". When we've experienced a lot of stress often our ideas about trust, safety, intimacy, and control are affected.

    1. Things I think a lot (either unhelpful or helpful):

    2. Statements that keep me centered (e.g., "I can still trust my good judgment even though it's not perfect"; "I do not have control over everything that happens to me, but I can take precautions & I can control my reactions", "Not everyone can be trusted, but I have a few who I can trust", "I'm not perfect, but I'm doing my best")

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Skills I could use for my Self-Care Plan: Circle your top 5 go-to's.

Ask yourself – **When? Where? What would I need to make that happen** (i.e., schedule monthly night out, get supplies for artwork, block schedule, join a gym, etc.)?

1. Writing/journaling
2. Breathing
3. Meditating
4. Working out
5. Yoga/Stretching
6. Time in Nature
7. Eating healthy
8. Guided Imagery (daydreaming on purpose)
9. Talking to a trusted friend
10. Getting Creative (art, woodwork, etc.)
11. Time with loved ones
12. Engage in faith/church/community gathering
13. Connect with friends/family
14. Hobbies
15. Music
16. Movement/Dance
17. Scheduling down time
18. Saying No more often
19. Consulting provider(s)
20. Asking for help
21. Having important conversations with loved ones

What are 2 specific proactive strategies you could implement today for YOURSELF to protect your emotional health?

1.

2.

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For Leaders As a leader, are you **actively** promoting mental health support, resources, and services to those who you lead? Just like a parent, teacher or coach needs to advocate for the well-being of their child, student, or athlete, so too is it your duty as a leader to advocate for the wellbeing of your people.

1. How's morale? How do you know? Who could you ask that would give you honest feedback?

2. What are the biggest concerns/complaints you hear most frequently from your people?

3. Specific Ways you are protecting your department from Burnout. Circle all that apply:
   - Advocating for more staffing with governing body.
   - Talking with your officers about how they're doing on a regular, systematic way
   - Providing positive feedback on a regular basis
   - Eliciting input regularly by asking them directly what they need
   - Getting out from "behind the desk"
   - Offering specific break, rest & relaxation time/strategies
   - Supportive Policies following Critical Incidents
   - Setting up internal peer system & diffusings
   - Dedicated space to decompress (reducing triggers as much as possible)
   - How do you engage the family members? How could you?

   Actionable Next Steps:

   What are 2 specific proactive strategies you could implement today with your unit/department to protect the emotional health of your fellow Officers?

   1.

   2.