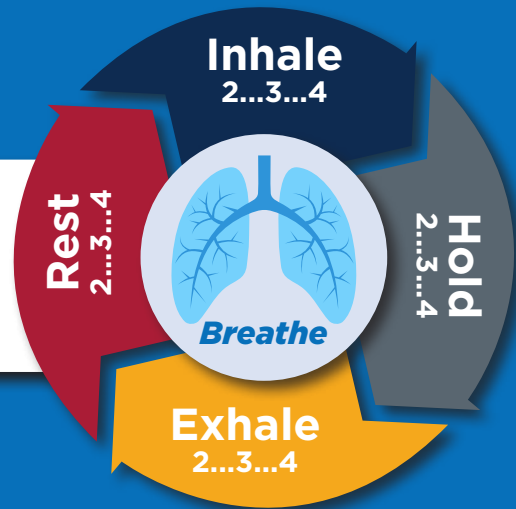


# RESILIENCE STRATEGIES FOR EXECUTIVE LEADERS

**A**s a leader, you play a key role in the success and wellness of your agency. You are the decision-maker, and you provide support for your officers as well as community members. It is important that you focus on your own wellbeing to be better prepared to lead and develop a culture of wellness in your agency.

STRESSOR	RESILIENCE STRATEGY
Having Difficult Conversations	<b>PLAN AHEAD</b> regarding your approach to a difficult conversation, listen, and utilize honesty and transparency for a more effective conversation.
Experiencing Political Pressure and Acting as the Public Face of the Agency	Identify your character strengths – such as honesty, creativity, humor, and leadership – and leverage these to navigate challenges and <b>STRENGTHEN CONNECTIONS</b> . Stay connected with those you serve through formal and informal engagement.
Prolonged Stress Leading to Negative Physical Health Effects	Practice mindfulness (being present and deliberately aware of what you are seeing and feeling) and <b>ENGAGE IN HEALTHY ACTIVITIES</b> , such as exercising, listening to music, meditating, and journaling. Incorporate breathing exercises, a healthy diet, and positive sleeping habits into your daily routine.
Leadership Fatigue	Refocus on your purpose and assess the impact of your daily routines to restore your energy and <b>REINVIGORATE YOUR PASSION</b> for the policing profession.

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 police leader, how others have helped you, and 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 experiences, or benefits from a challenging experience, within the last 24 hours to 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).

