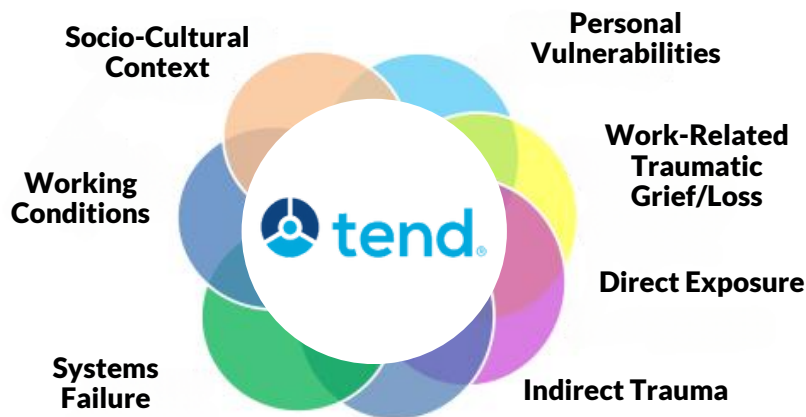


Resiliency Foundations: Your Role in a Healthier and Stronger Workplace

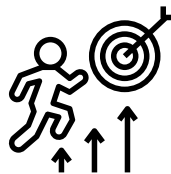
Understand Your *Individual* Risk Factors

Learn more about the factors that affect you, and identify wellness strategies to reduce the risk of secondary traumatic stress and burnout.



What Motivates YOU?

Daily? Weekly? Monthly? Whether its relationships, success, stability, growth, fun or health - it remains important to understand what motivates you to show up and be your best self. Learn more at melkaiconsulting.com



The Importance of Refueling & Recalibrating

Earn points for prioritizing your health and wellness, and reflect on your experience and growth with the *Refuel and Recalibrate* self-care activity (more information at melkaiconsulting.com).

Talking About Your Work in a Safe Way

Have you ever shocked or horrified friends or family with a work story that you thought was benign or even funny? Visit cacnd.org/buildingresiliency for details tips on the art of **Low-Impact Debriefing**.

No Slime Zone (*Low-Impact Debriefing*):



Self-Awareness



Fair Warning



Obtain Consent



Limited Disclosure

Additional Tools

HELPFUL APPS

- **Insight Timer** (guided meditations)
- **Virtual Hope Box** (tools for coping, relaxing, distracting and positive thinking)
- **ProQOL** (assessment and self-care)

ACTIVITIES

Reflect on what you're thankful for with the [Gratitude Journal](#) or complete guided activities to establish [Better Daily Self-Care Habits](#)

WEBSITES

- [The Vicarious Trauma Toolkit](#)
- [Secondary Traumatic Stress Consortium](#)
- [Valor for Blue](#)
- [TEND Academy](#)
- [SHIFT Wellness](#)

TESTS AND ASSESSMENTS

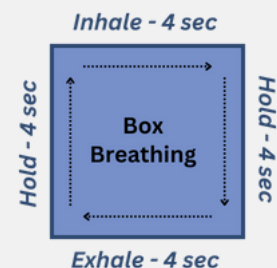
- [Personality Tests](#)
- [Compassion Fatigue Test](#)
- [Professional Quality of Life Scale](#)

BOOKS

- [Hold the Line](#) by Cyndi Doyle
- [Emotional Survival for Law Enforcement: A Guide for Officers and their Families](#) by Kevin M. Gilmartin
- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by Bessel van der Kolk, MD

TECHNIQUES

- ✓ **Protect Your Vision Using the 20-20-20 Rule:**
 - Every 20 minutes, take a 20 second break and look at something 20 feet away.
- ✓ **Box Breathing**



Supporting Others Post-Trauma **HOT WALK AND TALK**

Hot-Walk-And-Talk is a strategy to safely and kindly guide someone through a negative stress reaction following a traumatic incident. Learn more at tendacademy.ca/resources



Ensure that the person is physically out of danger. Instruct the person to walk with you and move to a neutral area. If able, go outside.



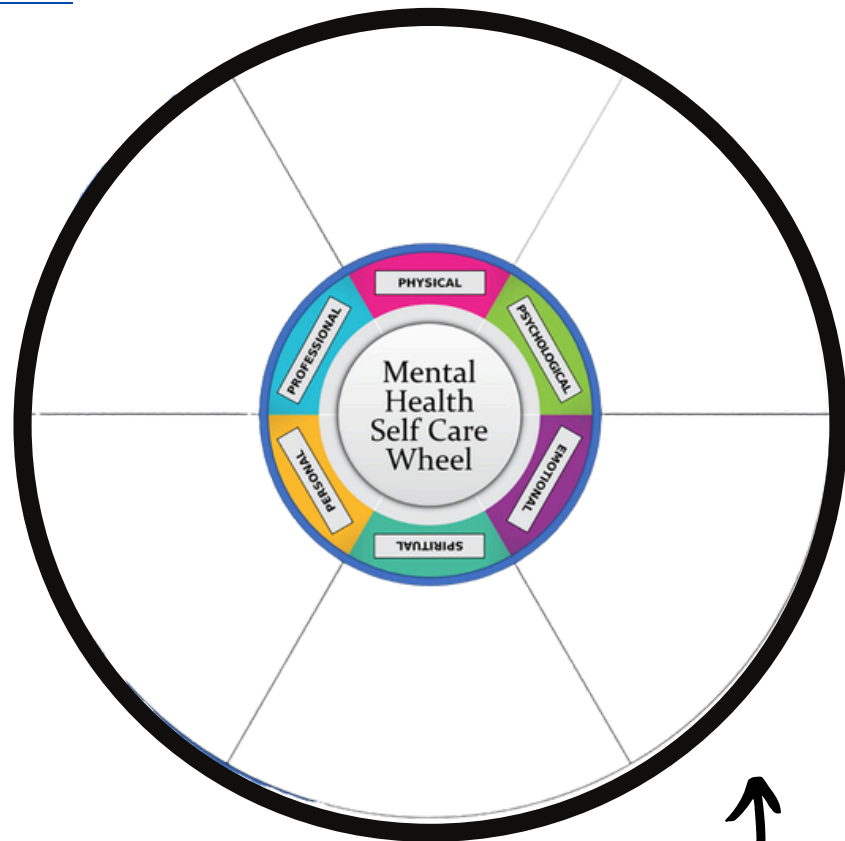
Walk beside them at a pace that is brisk enough to help them discharge some of the distress. As the walk proceeds, they may naturally slow the pace - let them have more control over the pace as the debriefing progresses.



Bring a bottle of water and have them drink it as you walk.



Walk beside them at a pace that is brisk enough to help them discharge some of the distress. As the walk proceeds, they may naturally slow the pace - let them have more control over the pace as the debriefing progresses.



Mental Health Self-Care Wheel

Use the Mental Health Self-Care Wheel to write out strategies that you can engage in within each domain area listed. This exercise is a great way to help you visualize how you might incorporate self-care strategies that work for you.

- Professional
- Physical
- Psychological
- Emotional
- Spiritual
- Personal

The webinar gave you the foundations of organizational resilience, but it was just the tip of the iceberg. Learn more about the **comprehensive 2-day training course** that inspired the Resiliency Foundations webinar:

Organizational Resiliency Starts With You!

About the Course

- ✓ 2 FULL days of training
- ✓ In-Person or Live-Online format

Discover the relationship between self-care and organizational resilience. Organizational resiliency promotes an inclusive work environment, strengthens employee retention, and improves workplace satisfaction. Gain strategies to understand, assess and support work culture and morale. Explore how ethical leadership influences a resilient culture and how a focus on self-care impacts organizational effectiveness.

What's In It For You

- Leverage new tools and opportunities to assess current overall personal health
- Identify health pitfalls and methods to control health challenges
- Apply how personal health contributes to the overall morale and health of an organization
- Demonstrate and apply tools and strategies agencies can use to assess and/or potentially improve organizational health
- Consider how healthy organizations create plans to manage health and morale on an ongoing basis



Visit ncjtc.org to register or inquire about hosting this training at **your** facility!