

SERVING —AMID— CHAOS

Taking Care of Your
Community, Colleagues & Self



DISCLAIMER

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TODAY'S PRESENTERS



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EVOLVING CHALLENGES: SOCIAL

- Social media: Perception vs. reality
- Pervasive cultural rifts (politics)
- Social isolation – Generational and COVID-19
- High unemployment
- Financial strain

EVOLVING THREATS: LAW ENFORCEMENT

- Us vs. Them mentality
- Withdrawal of support from family & friends
- Retirements
- Morale
- “Everything I believe in is under attack”

HOW STRESS WORKS

- Our stress response evolved to allow humans to face threats in a dangerous world
- But it is often maladaptive in our current world
- Stress is real, and its causes—including increased noncompliance, physical attacks, lack of political and public support—are not to be diminished
- Signs you may not be coping effectively

STRESS: COLLEAGUES & CULTURE

- What can you do to foster a resilient agency?
- How can you tell when a colleague is under stress?
- How can you help to alleviate their stress?
- What do you do with an officer who is checked out on the job?
- What about someone who says they need to leave the profession?

SERVING YOUR HIGHER CALLING

- Reconnect with the mission and professionalism of your career
- De-personalize protests
- Recognize yourself as a leader—irrespective of your rank—and acknowledge your influence

LEADERS:

- Create a culture of professionalism and integrity
- Support your people!

BUILDING RESILIENCE

- Peer support works!
- Keys to effective peer support
- Stressed, depressed, overwhelmed—what to do
- Finding a QUALIFIED therapist
- Addressing family issues: marital stress, parenting challenges and family who do not support your career

QUESTIONS?

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FOR MORE INFORMATION

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- Presentation slides
- Recording of webinar
- Articles and resources

www.cordico.com

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