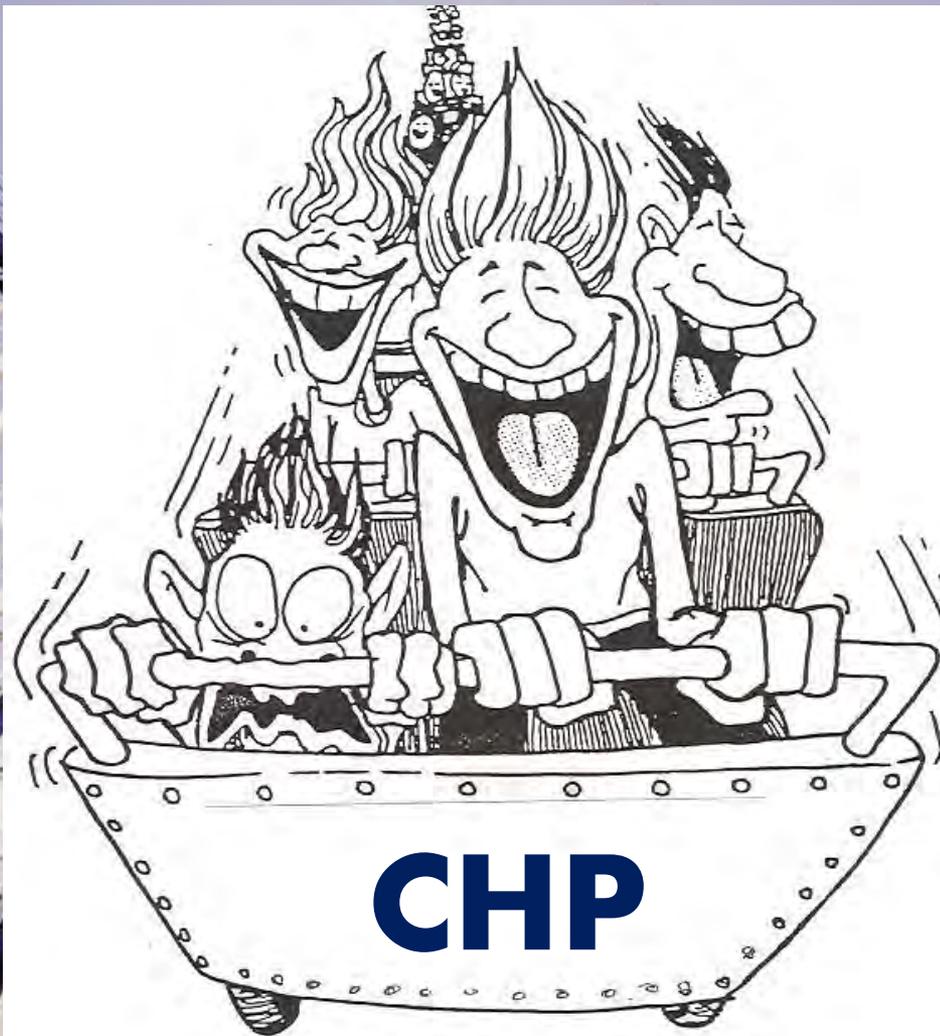


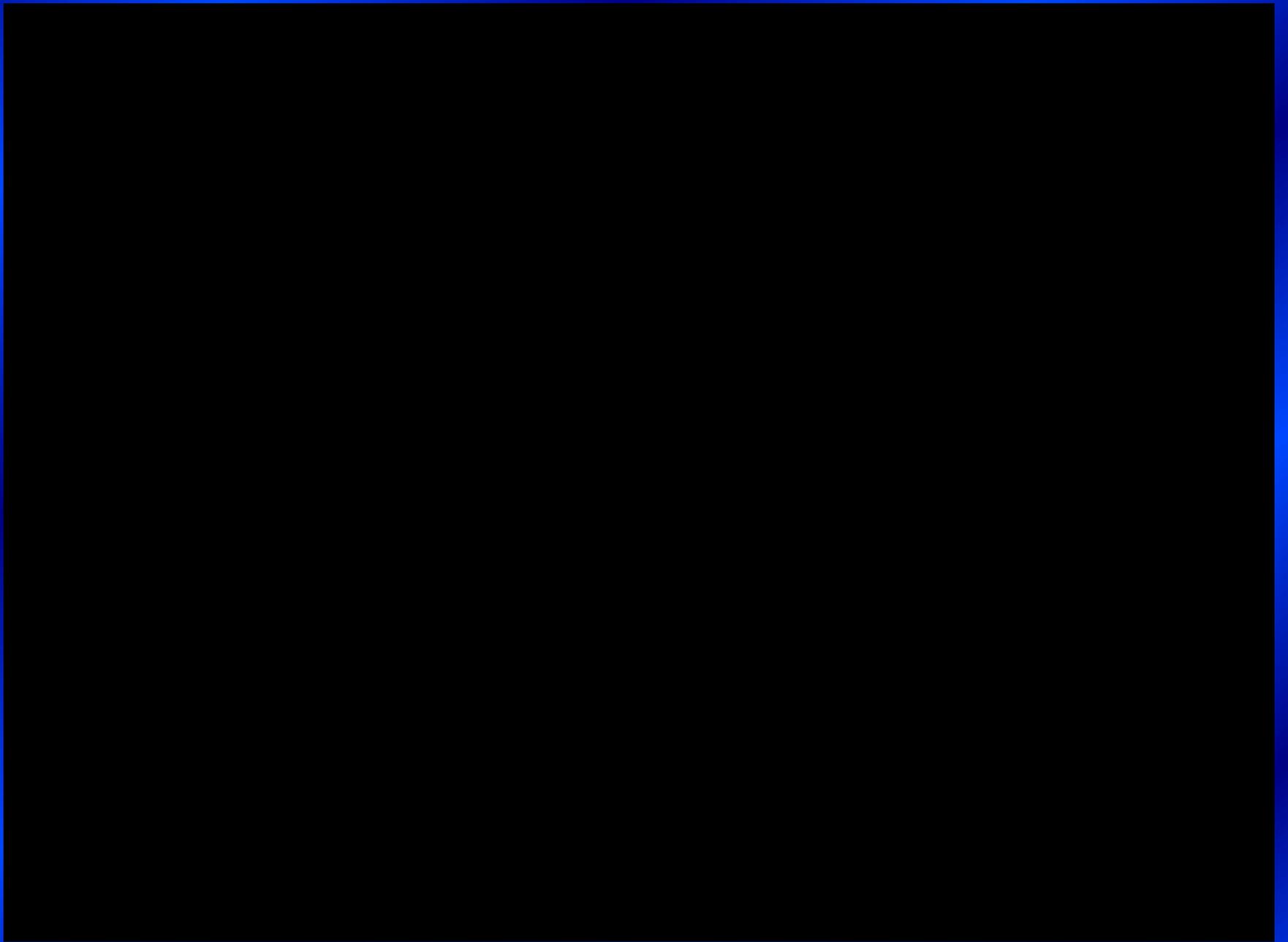
KEVLAR FOR THE MIND:

Creating Psychological Body Armor for Law
Enforcement Personnel

Write a list of the three things that
you value most in your life

Kevlar for the Mind: You will take risks! Creating Psychological Body Armor





Self-Assurance	1)	9)	17)	25)
Personal Vision	2)	10)	18)	26)
Adaptable	3)	11)	19)	27)
Organized	4)	12)	20)	28)
Problem Solver	5)	13)	21)	29)
Interpersonal Skills	6)	14)	22)	30)
Social Support	7)	15)	23)	31)
Active & Involved	8)	16)	24)	32)

141 to 160

Very Resilient

116 to 140

Resilient

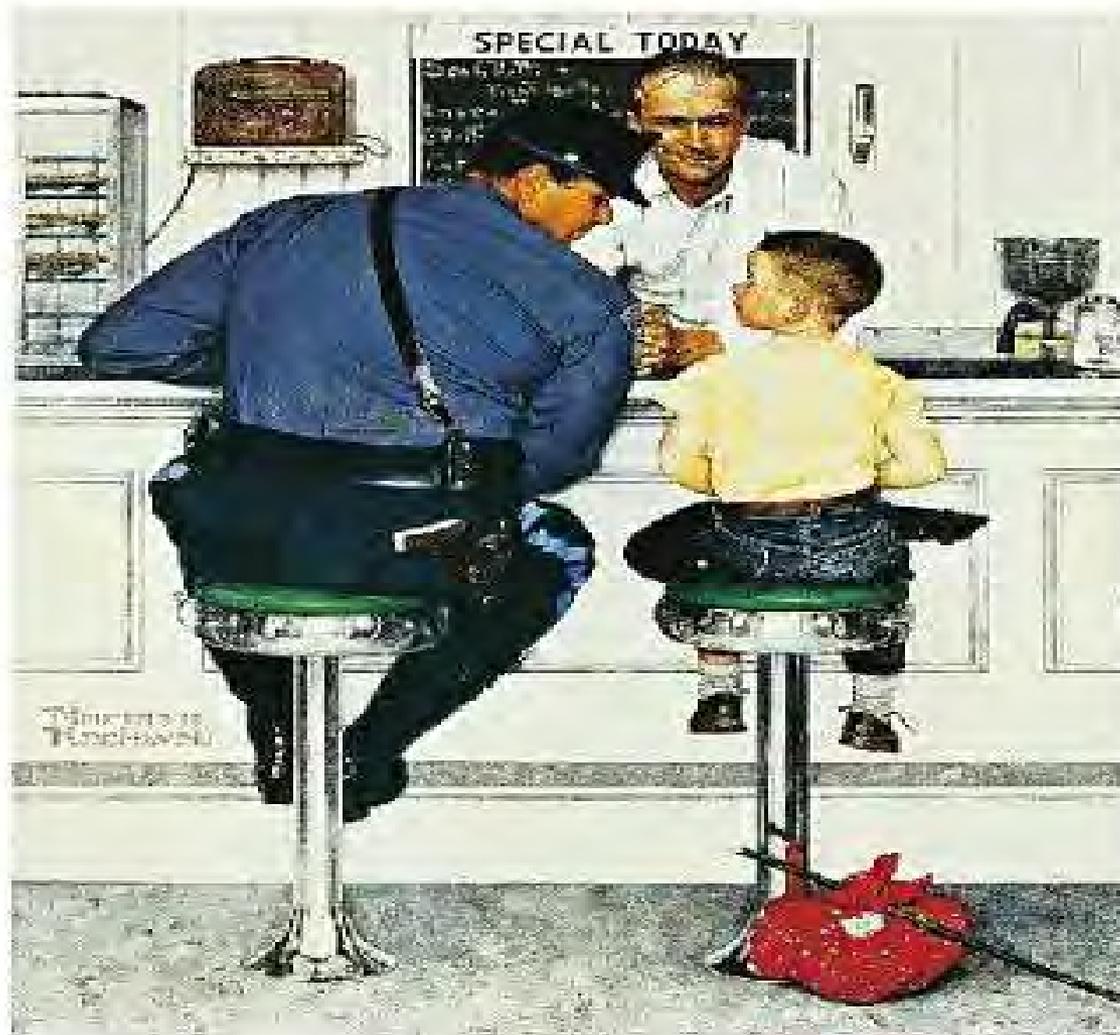
61 to 115

Somewhat Resilient

32 to 60

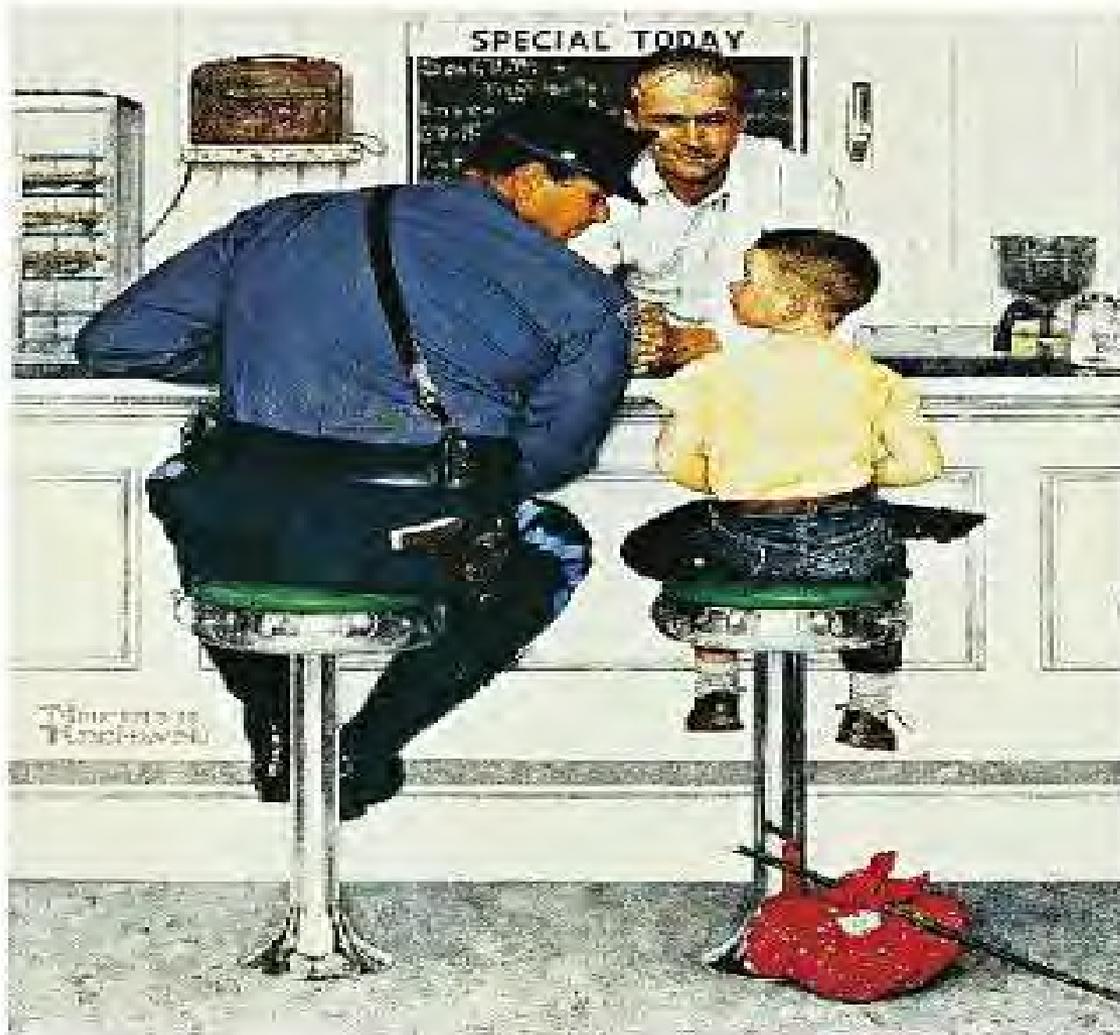
Not very Resilient

TOTAL RESILIENCY SCORE



NORMAN ROCKWELL
The Runaway





NORMAN ROCKWELL
The Runaway



Overwhelming or Overcoming?



Law Enforcement Risk



Distress and Despair



“If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will suffer a defeat. If you know neither the enemy nor yourself, you will succumb in battle.”

Sun Tzu



Stress

Stress is a demand for change placed on any living organism that produces an adaptive biochemical response that is designed to enhance performance and promote survival.



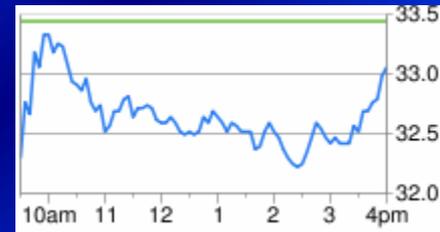
Stress Types

- ▣ General Stress
- ▣ Critical Incident Stress
- ▣ Burnout
- ▣ Posttraumatic Stress Disorder

General Stress

▣ Eustress

▣ Distress



SRRS self-test

- ✓✓ it/What happened to you this year
- ✓✓ as many times as it happened
- ✓✓ even if it seems routine
- ✓✓ multiply each item by # of times
 - ✓ it happened
- ✓✓ add it to the grand total
 - ✓ Illness



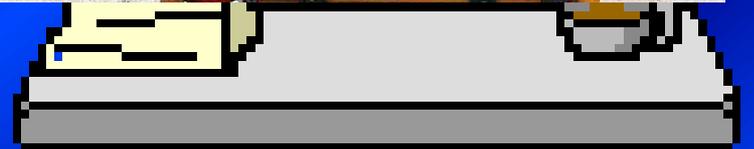
Less than 150

150 to 200

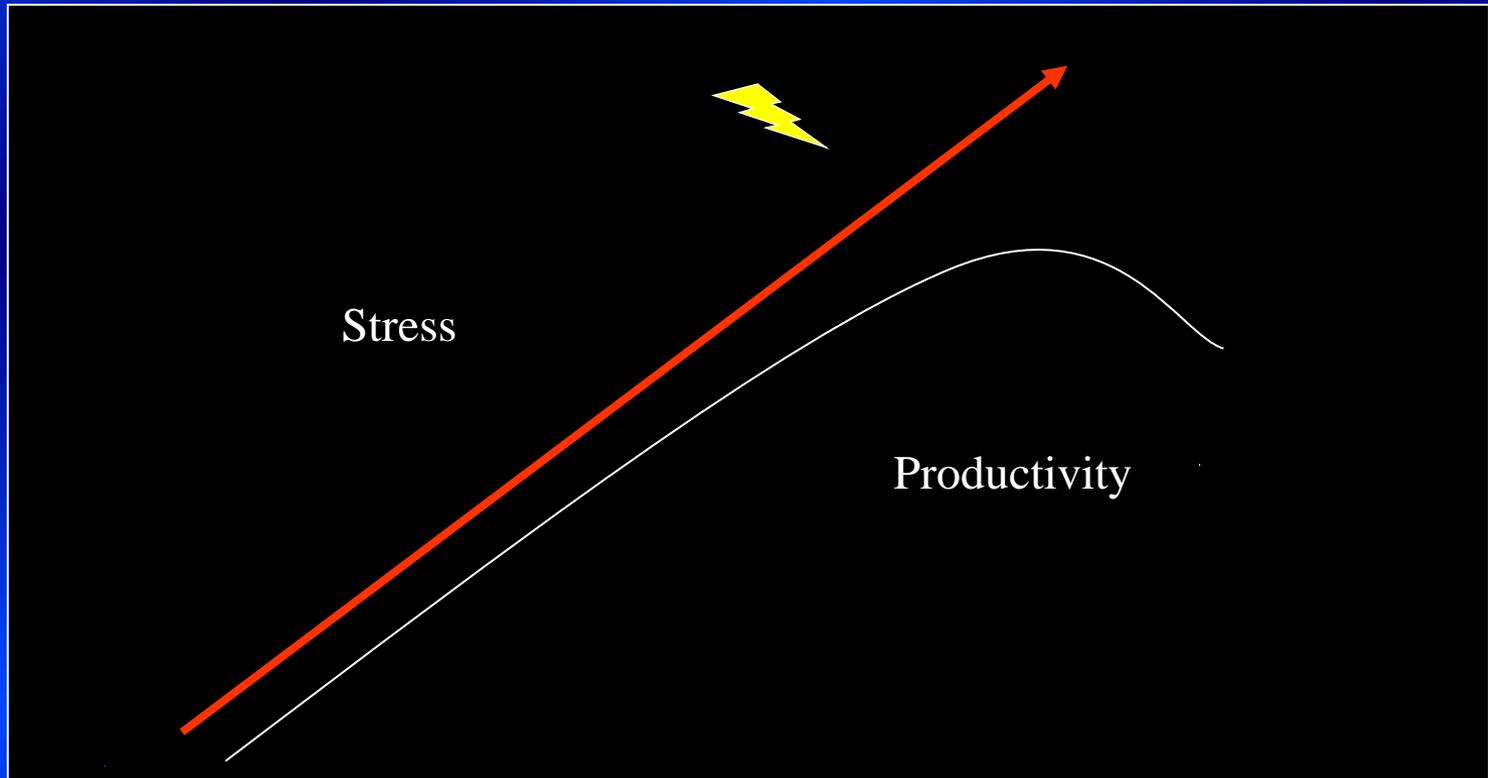
200 to 299

Over 300

450+

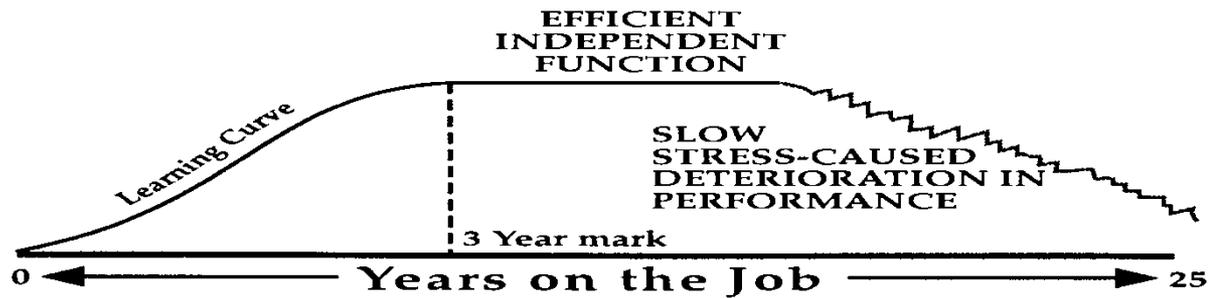


The Stress Response



Cumulative Stress

CUMULATIVE STRESS REACTION



Burnout Self-Test

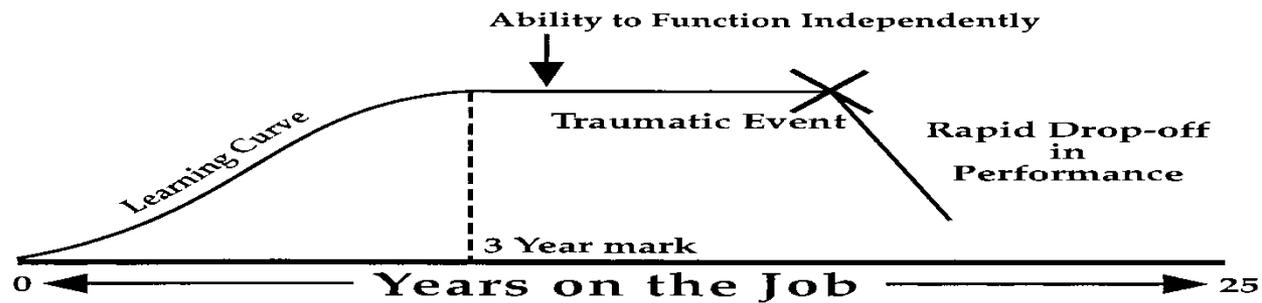
- This tool can help you check yourself for burnout.
- It helps you look at the way you feel about your job and your experiences at work, so that you can get a feel for whether you might be at risk of burnout.
- Select the number that **honestly** reflects how frequently you experienced these things the last 60 days.

1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
---------	----------	-------------	---------	--------------

Score	Comment
15 – 18	Little sign of burnout here
19 – 32	Little sign of burnout here, unless some factors are particularly severe
33 – 49	Be careful - you may be at risk of burnout, particularly if several scores are high
50 – 59	You may be at severe risk of burnout - do something about this urgently
60 - 75	You may be at very severe risk of burnout - do something about this urgently

Critical Incident Stress

CRITICAL INCIDENT STRESS REACTION

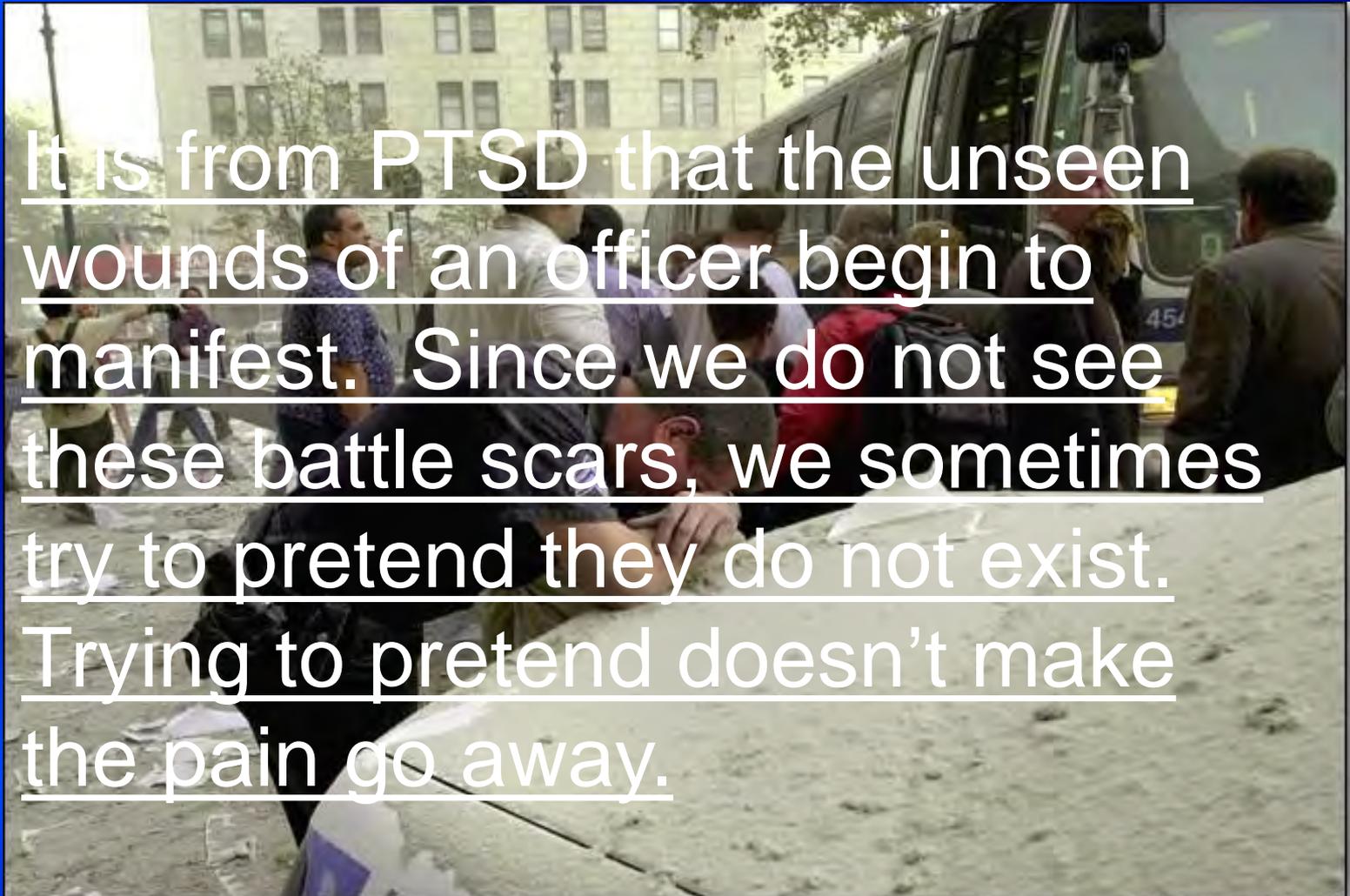


Traumatic events violate our assumptions



PTSD

It is from PTSD that the unseen
wounds of an officer begin to
manifest. Since we do not see
these battle scars, we sometimes
try to pretend they do not exist.
Trying to pretend doesn't make
the pain go away.



TRAUMA: Impact of Event Scale

		Never	Rarely (1)	Sometimes (2)	Often (3)	Impact Score (4)
1	I thought about it when I didn't mean to.					
2	I avoided letting myself get upset when I thought about it or was reminded of it.					
3	I tried to remove it from my mind and memory.					
4	I had trouble falling or staying asleep because of things that came to my mind about it.					
5	I had waves of strong feelings about it.					
6	I had dreams about it or other disturbing things.					
7	I avoided things that reminded me of the event.					
8	I felt as if it was a dream or surreal.					
9	I tried not to talk about it.					
10	Pictures and images and other sensations associated with the event popped into my head.					
11	Other things kept making me think about it.					
12	I was aware I still had a lot of feelings about it, but I didn't deal with them.					
13	I tried not to think about it.					
14	Any reminder caused unpleasant reactions and feelings.					
15	My feelings were kind of numb.					
TOTALS		0	+	+	+	=

Resilience

Experience

The ability to “bounce” back from a negative **Experience** and rapidly **Resume** operational function and **Maintain** a healthy ability to act and feel.

Ilft 'is' p poverechi ta table



Legge 626: L'apoteosi

- ▣ 37% → *mild* reactions
- ▣ 35% → *moderate* reactions
- ▣ 28% → *severe* reactions

**Everyone reacts
differently**

Internal

Traits

Adaptations



Culture

Beliefs

External

Personality Traits

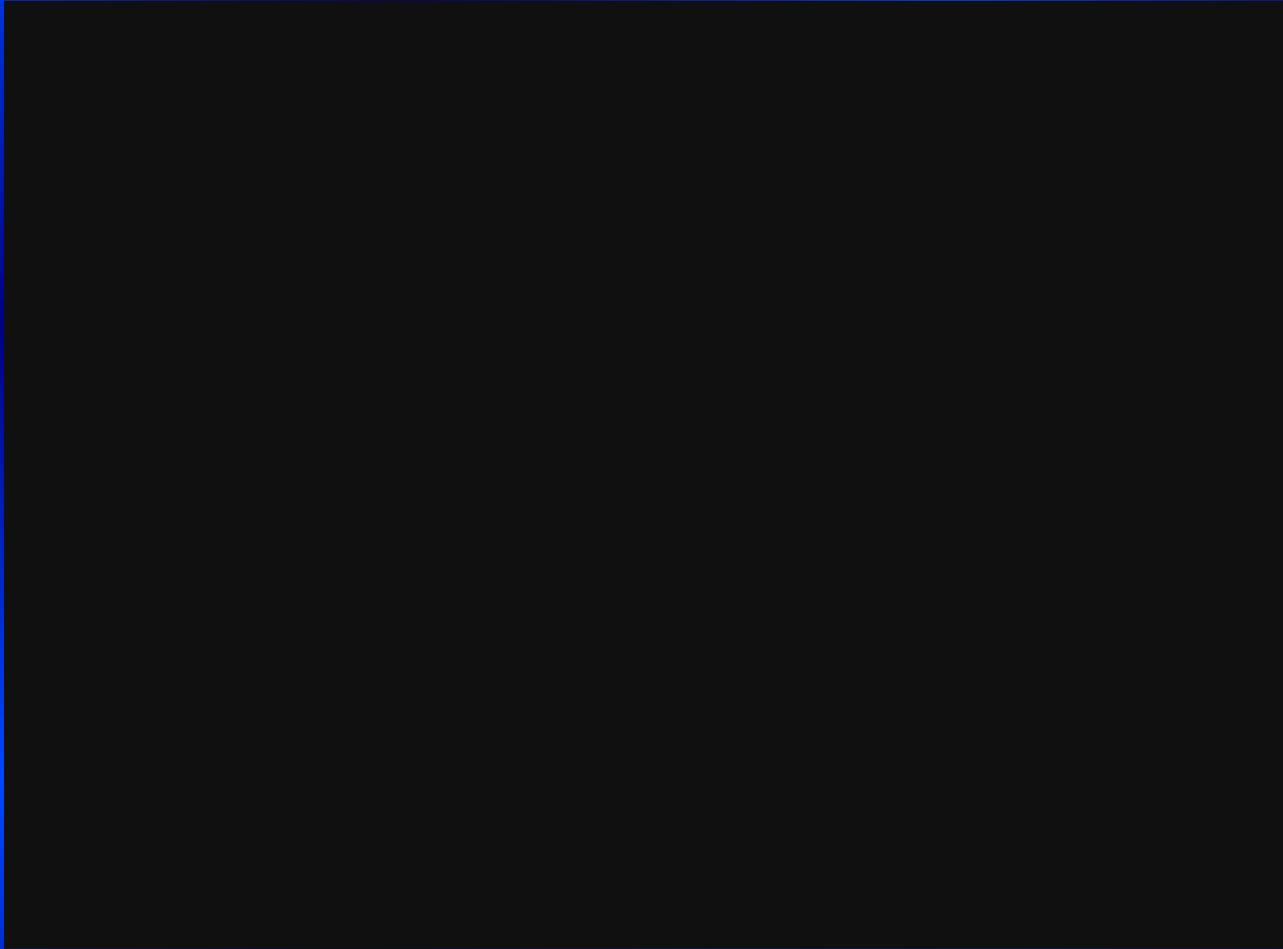
- ▣ Action Oriented
- ▣ Obsessive Compulsive
- ▣ Risk Takers
- ▣ Controlling
- ▣ Altruistic
- ▣ Decisive/Impulsive
- ▣ High Internal References



Adaptations

- ▣ Strong sense of personal invulnerability
- ▣ Shut off feelings – emotionally numb
- ▣ Isolate from support
- ▣ External resources as a coping tool
- ▣ Need to maintain image
- ▣ Cynicism
- ▣ Hyper-vigilant

Hypervigilance?



Cultural Pressures

- ▣ Stigma
- ▣ Confidentiality Concerns
- ▣ The COPS Myth
- ▣ Limited Stress Education
- ▣ Too busy
- ▣ Alienated and suspicious
- ▣ Promotion

Responder Beliefs

- ▣ It's all up to me.
- ▣ I have to be perfect..
- ▣ Reacting is for others....
- ▣ Strength means not showing when you are hurt...
- ▣ Everybody feels this way...
- ▣ I'm the only one that feels this way...

Is this you?





2 points for eating
2 points for exercise
2 points for hobbies
2 points for sleep

-2 points for OT
-2 points for TV
-2 points alcohol
-2 points for insomnia



40 – 45 +

Score 5

30 - 39

Score 4

20 – 29

Score 3

13 – 19

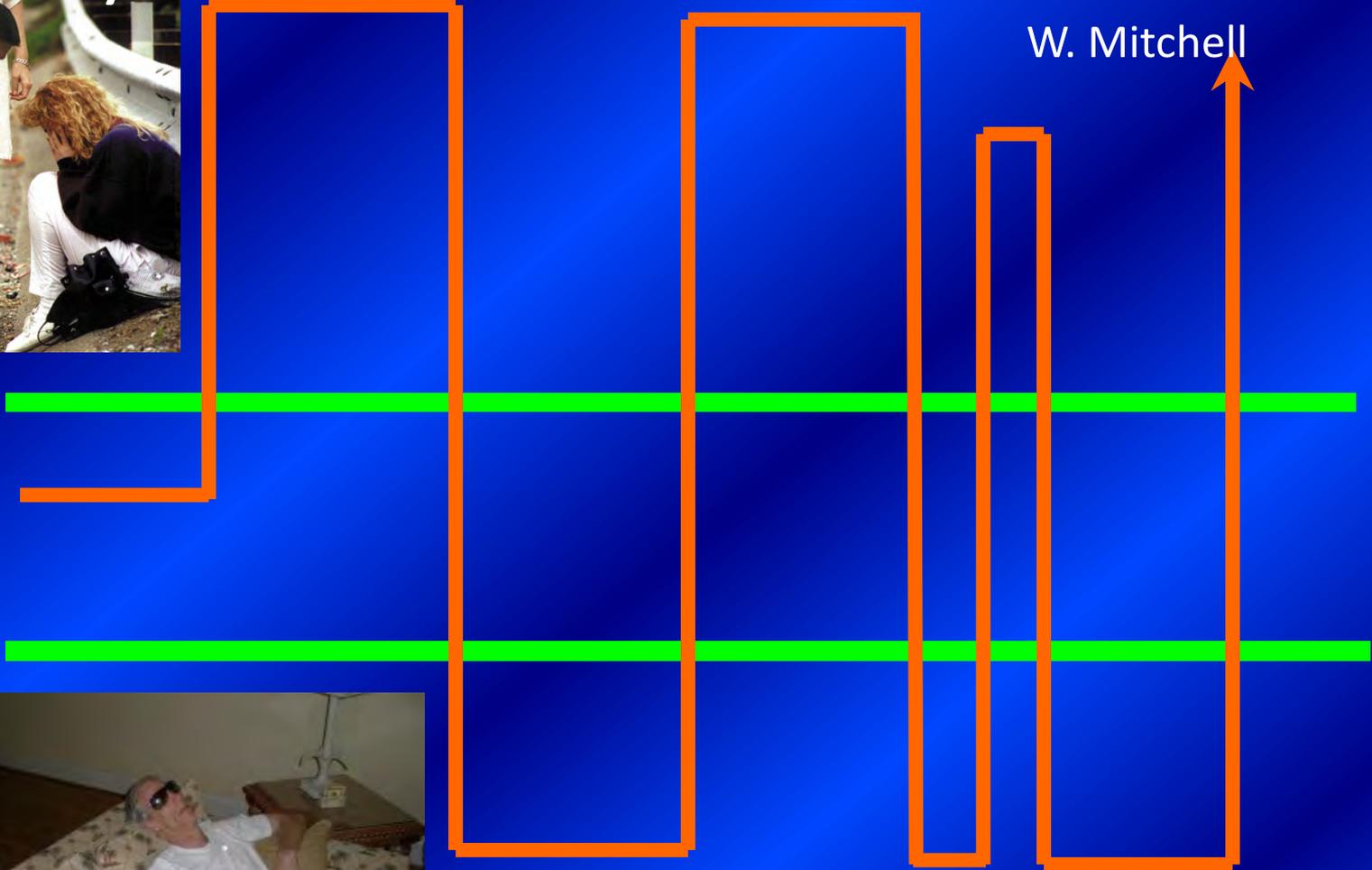
Score 2

0 – 12

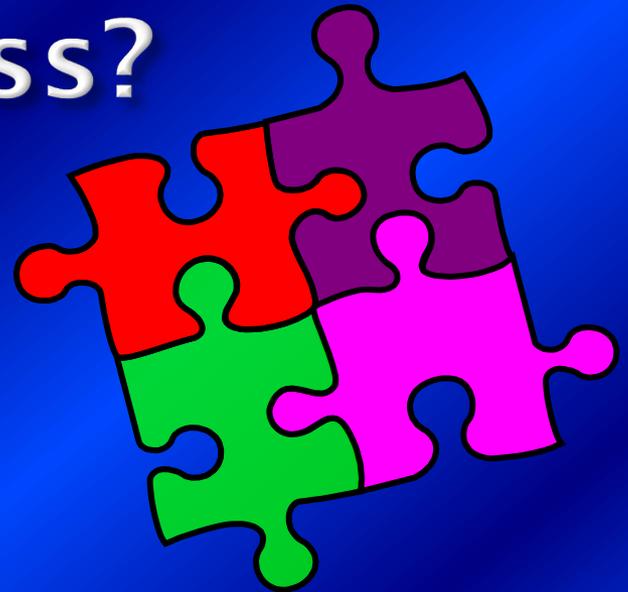
Score 1

Are you saving the best hour of your day for those that matter most?

Hypervigilance Cycle



How do we piece
together a healthy
response to
inherent stress?

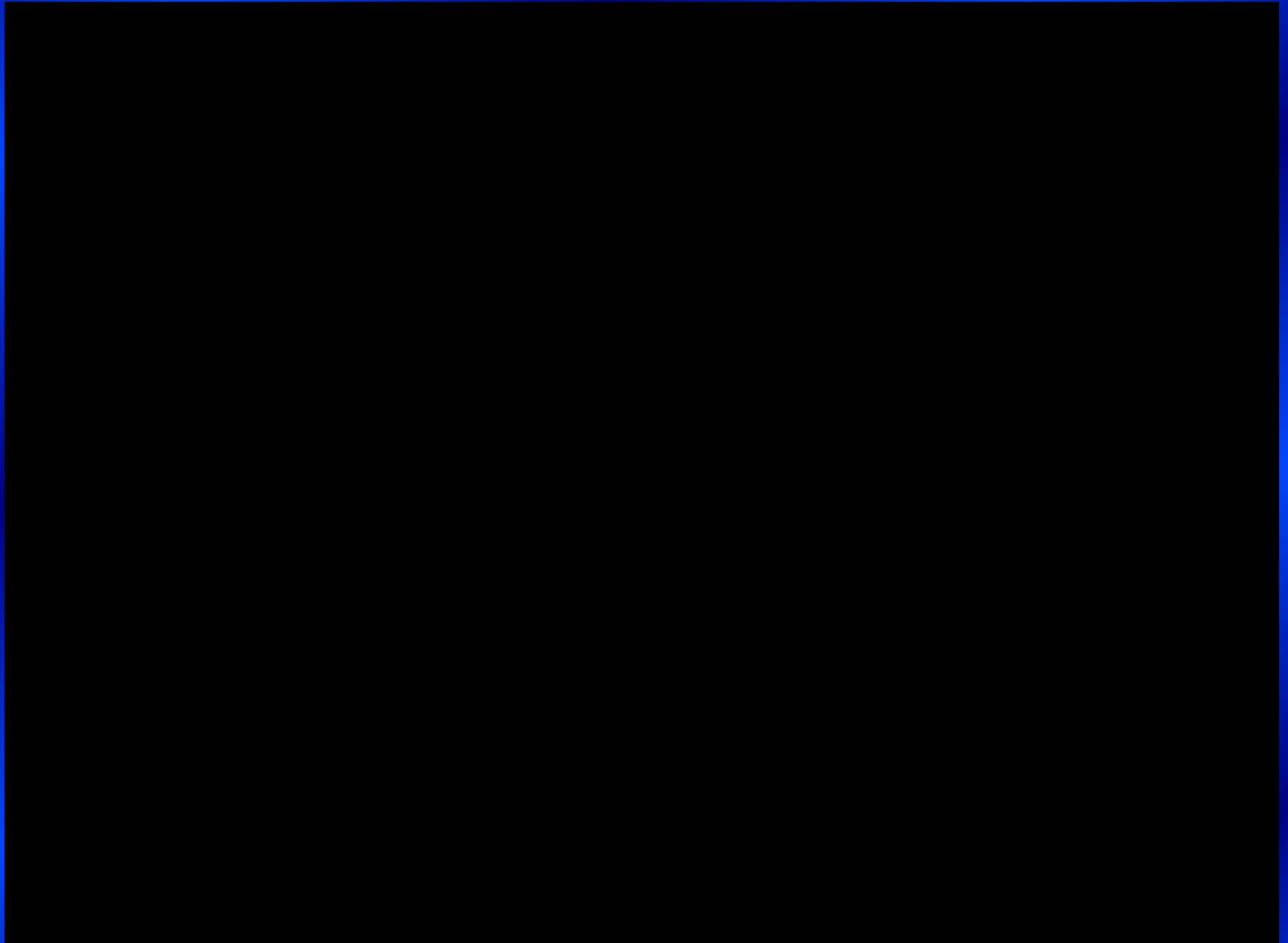


Resistance

Resilience

Recovery

The Johns Hopkins University Model



Resistance

- Individual doesn't experience as many symptoms of distress when things go wrong.
- Usually pretty laid back
- Recover rapidly



Resilience

- ❖ Individual bounces back relatively quickly after disruptive events.
- ❖ Coping is healthy and functional.
- ❖ Ability to maintain balance.



Recovery

- Recover from the adverse impact of stress.
- Ability to adapt to changing circumstances.
- Genetic & physical predisposition



So, what makes a person resilient?



1. Self-esteem, self-confidence
2. Action oriented approach trauma
3. Sees an obstacle as a challenge to be met
4. Reasonably persistent
5. Flexible

Have we found *our* best self?

Before
During
After



7 Habits of Highly Resilient People

1. Actively approach challenges and problem solving
2. Practice optimism
3. Living a balanced life.
4. Exercise
5. Self-efficacy and self-confidence
6. Following a moral compass
7. Developing a survivor mindset

Active Approach to the Challenge



Cognitive appraisal

1. Appraisal of situation
2. Appraisal of self
3. Sense of meaning & purpose
4. Can see a means of coping effectively
5. Eventually incorporate experience into belief system



MISFORTUNE

becomes "tragedy" only when we refuse to laugh at it.
That, my friends, would be a true loss.
So laugh! Laugh at all you can, and especially yourself.
Life is too short to be serious.

“It is not what happens to you that matters, but how you take it.”

SELYE

“Man is disturbed not by things, but by the views which he takes of them.”

EPICETETUS

Appraisal of the Situation?

*Do these guys accurately
appraise
the situation?*



Coherency



Manageability

Meaningfulness

Appraisal of Self

- Successful performance
- Vicarious experience
- Verbal persuasion and support
- Physiological or affective arousal
- Optimism

Self-confidence  Constructive Thinking

Meaning and Purpose

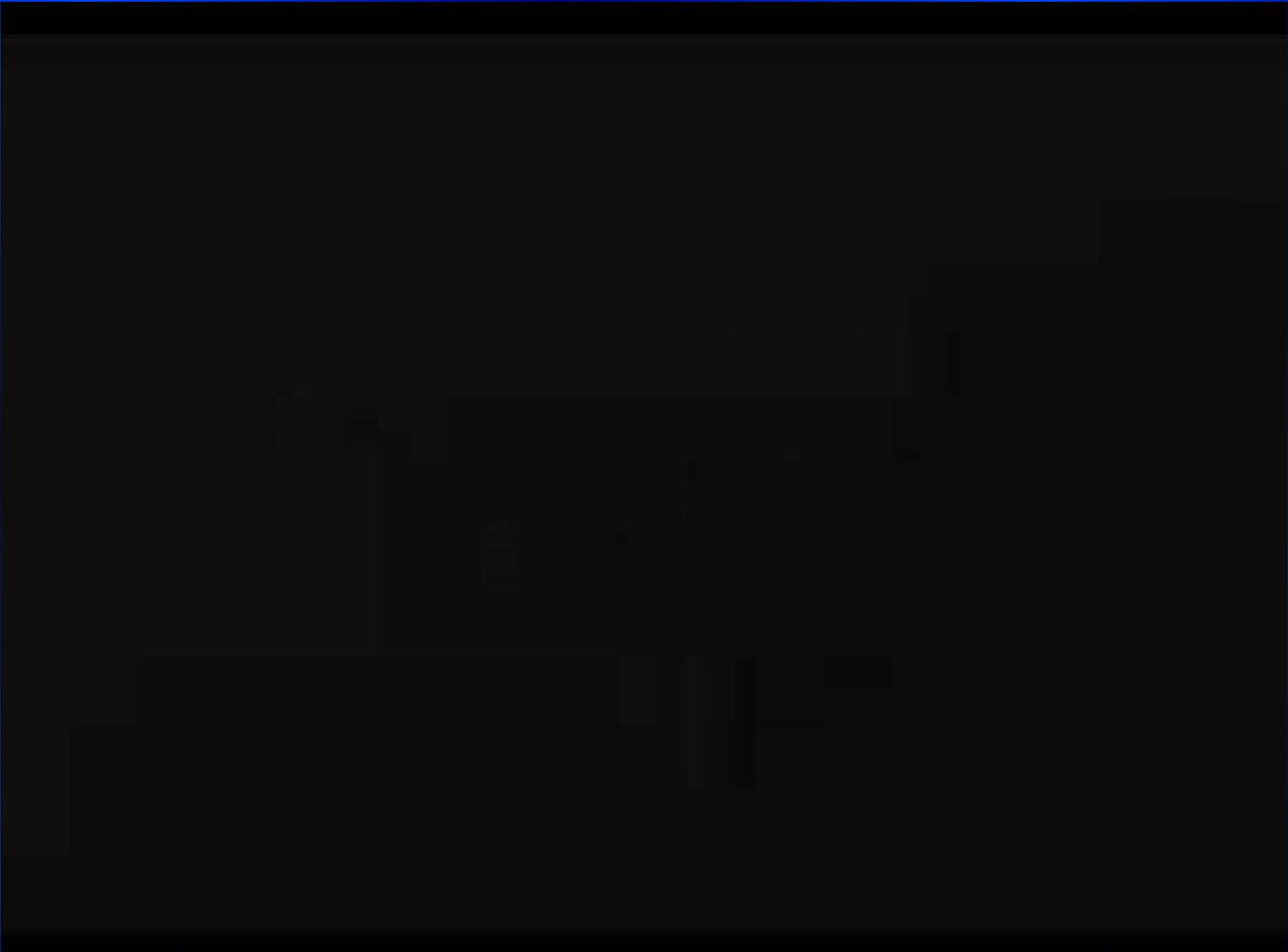
- Appraisal of the situation
- Ability to attach a constructive meaning to the experience
- Ability to see self as possessing necessary skills and knowledge
- Ability to see an effective means of coping with the challenges
- To eventually incorporate the experience into some belief system or sense of meaning

Negative Thoughts



Hopelessness and Helplessness

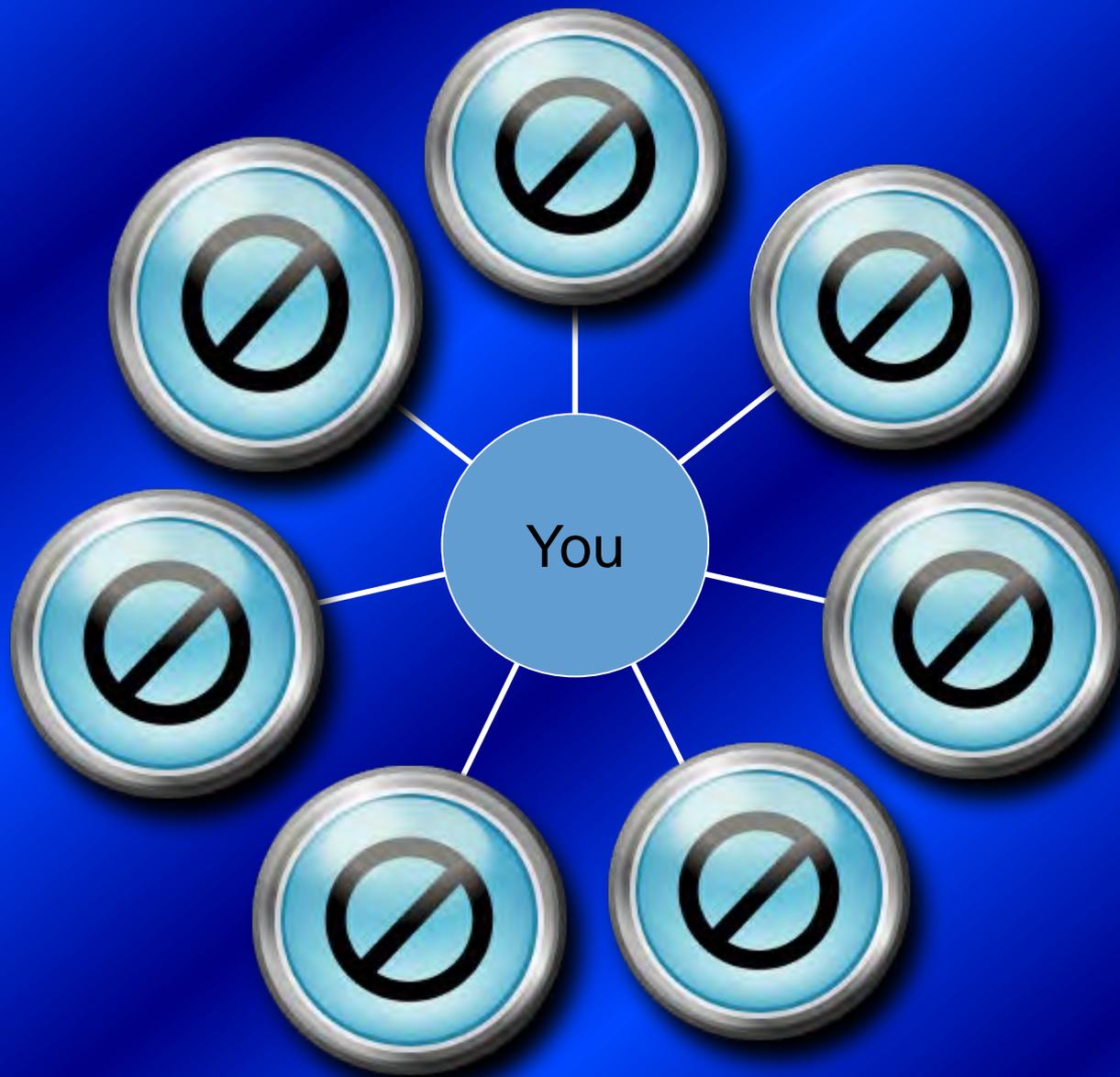
Optimism!



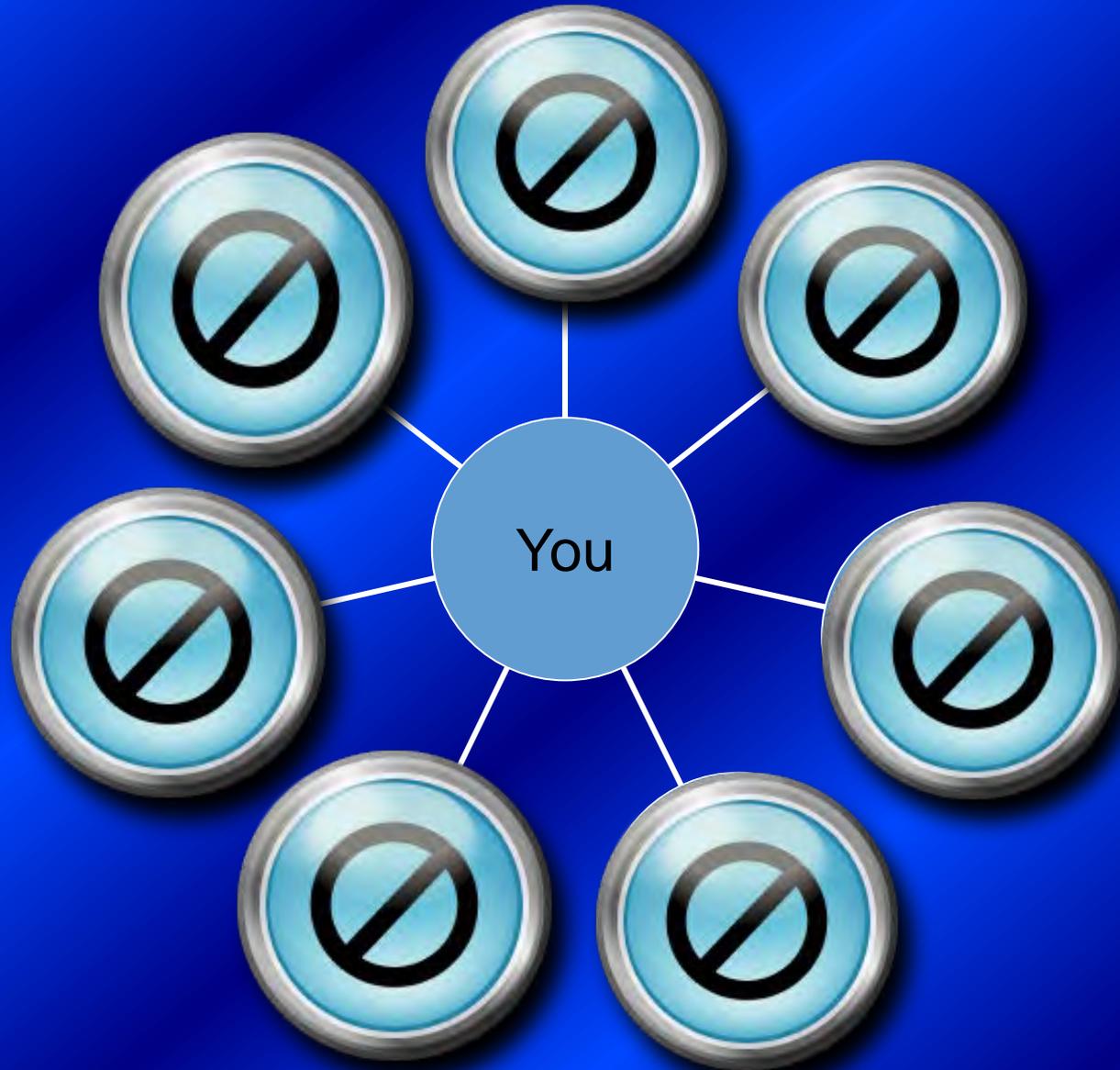
Living a Balanced Life



Balanced Life



Unbalanced Life



Personal Life

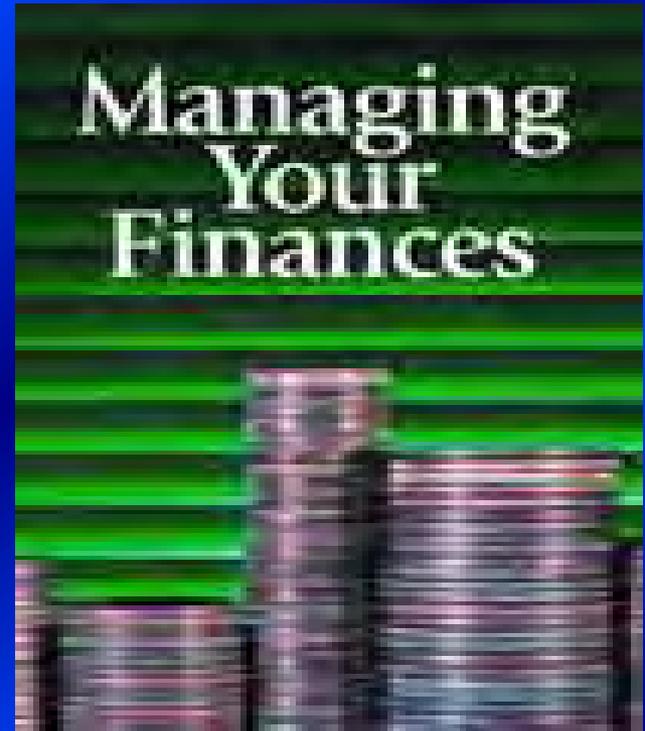
- ▣ Eat a healthy and balanced diet
- ▣ Get appropriate sleep
- ▣ Make time for hobbies/fun/recreation
- ▣ Humor
- ▣ Manage resources
- ▣ Assess your habits
- ▣ Evaluate your relationships



Finances

“Emotional survivors control their financial well being”

Dr. Kevin Gilmartin



Alcohol & Other Habits

FEELING OVERWHELMED



CALL FOR BACKUP

SOCIABILITY & CONNECTEDNESS



“Piglet sidled up to Pooh from behind. “Pooh?” he whispered.

“Yes, Piglet?”

“Nothing,” said Piglet, taking Pooh's hand. “I just wanted to be sure of you.”

— [A.A. Milne](#), [Winnie-the-Pooh](#)



- ▣ Criticism
- ▣ Contempt
- ▣ Stonewalling
- ▣ Defensiveness

Avoiding others?

- ▣ Buddy
- ▣ OESA
- ▣ Peer Support
- ▣ EAP
- ▣ Chaplain/Pastor
- ▣ Journal
- ▣ On-line forums



Family and Friends

- Shift gears
- Stay involved with a variety of people/activities
- Keep personal calendar
- Schedule date nights and family outings
- Find out what they want to hear
- Plan for transition time

Regular Physical Exercise

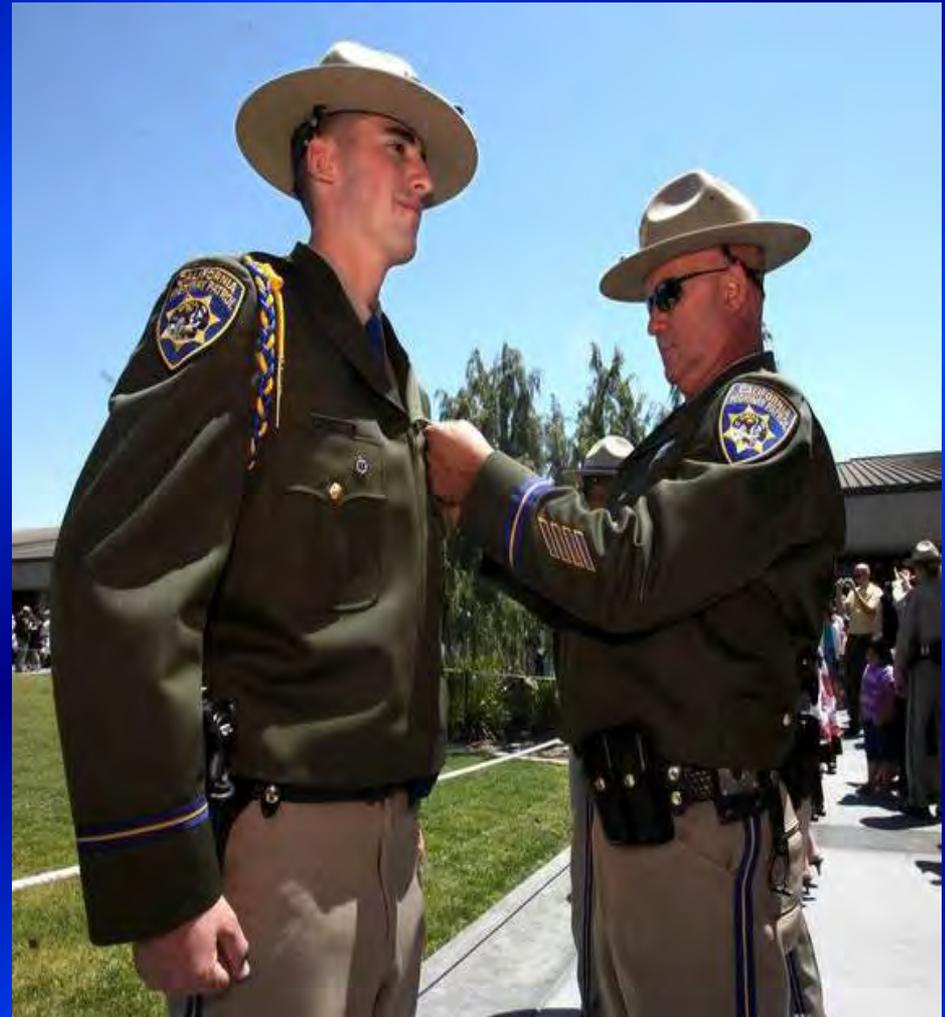


“ Physical fitness is not a luxury for law enforcement officers; it’s a basic requirement if they are to become emotional survivors”

Dr. Kevin Gilmartin

Personal Belief System

- ▣ Belief System
- ▣ Integrity
- ▣ Honor
- ▣ Accountability
- ▣ Responsibility



Take Inventory

Our choices
shape our
chances.



Survivor Mindset



“Harness the power of the wind...you can either fight it and suffer the stormy waters or adjust your sails for smooth sailing.”

Officer Larry Landeros, Retire
Border Division

ADAPTABLE

危機

Danger

Opportunity

“Keep Swinging”

“My motto was always keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging”



Hank Aaron

Choice

While people can control some variables of stress more easily than others, choice remains the one that they can exercise most influence over. Choosing to live as healthy a life as possible remains one of the most important choices anybody *should* make.

Joseph A. Harpold

