

Session Details - 75 min

27. Personal Energy Management & Mindset Resilience: Driving Factors of Satisfaction and Effectiveness in Public Safety

- ▶ Description: As an extension to the opening plenary, participants will learn more about how to:
- ▶ enhance personal energy management
- ▶ fortify a resilient mindset
- ▶ regardless of the cultural expectations they may be experiencing.

Personal Energy Management & Mindset Resilience: Driving Factors of Satisfaction and Effectiveness in Public Safety

Amber Peterson

With: Mike Goldstein and Mary Schauf

Your Presenters



Amber Peterson



Mike Goldstein



Mary Schauf



How are you planning for the future?

- ▶ Taking the time to build skills and practice strategies
- ▶ How we plan, how we show up, and what we do afterwards!
- ▶ It's not an easy road, but it's worth it

What we're doing today



First, **define** the concepts



Explore how this combination applies to public safety work



Chart a baseline of where you are now and where you want to be



Learn strategies to build your bridge



Understand how to measure progress, not get discouraged, and share successes

Defining Mindset, Resilience, and Personal Energy Management



Mindset

What we believe about our capabilities and limitations, how we assess challenges, and how we apply what we've learned



Includes how conscious and intentional we are about:

Attitude

Belief around
capabilities

Challenges or
Adversity?

Mastering
self-talk

Resilience

“Maintaining high levels of effectiveness and well-being while dealing with high levels of challenge and disruption”



From Prosilience: Building Your Resilience for a Turbulent World by Dr. Linda Hoopes

Includes keeping in mind:

Proactive muscle building

Recognizing bandwidth

What's done during and after an incident

Personal Energy Management

How we create energy, decide where it should go, distribute it between our most important areas in life, and set boundaries to safeguard our choices



Includes how conscious and intentional we are about:

How we treat
our bodies

Knowing what's
important &
what's not

Prioritization & time
management

Setting
boundaries

Why are we
talking about these...
now, and *together*?



Now more than ever... we need to be aware

Negativity Bias

+ (Unconscious) Reinforcement =

Less fulfillment & satisfaction

Less focus on purpose & vision

Less engagement



Where our focus goes, energy flows!

Negativity Bias

+ (*Conscious*) Buffering =

More fulfillment & satisfaction

More awareness of purpose & vision

More engagement (& effectiveness!)



Why is Resilience So Important?



Multiple challenges add up and tax a person's bandwidth



Overwhelmed people are less effective, less engaged, and have less energy to spread around



Small challenges now = Bigger challenges later =
More energy spent on the life you want to live

Why This is Important in Public Safety

Examples from Mike Goldstein and Mary Schauf

Charting Your Baseline

Identifying YOUR
Coordinates and Waypoint



Gauging Your Energy Levels

Physical						
I often have little or no physical energy. I feel physically weak and depleted.	1	2	3	4	5	I usually have very high levels of physical energy. My body is strong and active.
	<input type="radio"/>					
Mental						
My thoughts often feel muddled, confused, and foggy. It's hard for me to concentrate.	1	2	3	4	5	My mind usually feels extremely sharp and clear. I can focus very well.
	<input type="radio"/>					
Emotional						
I am often overwhelmed with emotions such as sadness or anger. I feel emotionally vulnerable.	1	2	3	4	5	I am usually calm, centered, and happy. I feel emotionally strong and stable.
	<input type="radio"/>					
Spiritual						
I often feel no sense of meaning or purpose in my life.	1	2	3	4	5	I usually feel a strong connection to a sense of meaning and purpose.
	<input type="radio"/>					

Used with permission from The Resilience Alliance

Your Baseline...

FIRST, consider: *where am I at now?*

Put an "X" on the circle for that number

Physical						
I often have little or no physical energy. I feel physically weak and depleted.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input checked="" type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	I usually have very high levels of physical energy. My body is strong and active.
Mental						
My thoughts often feel muddled, confused, and foggy. It's hard for me to concentrate.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input checked="" type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	My mind usually feels extremely sharp and clear. I can focus very well.
Emotional						
I am often overwhelmed with emotions such as sadness or anger. I feel emotionally vulnerable.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input checked="" type="radio"/>	5 <input type="radio"/>	I am usually calm, centered, and happy. I feel emotionally strong and stable.
Spiritual						
I often feel no sense of meaning or purpose in my life.	1 <input type="radio"/>	2 <input checked="" type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	I usually feel a strong connection to a sense of meaning and purpose.

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Your Baseline...

FIRST, consider: *where am I at now?*

Put an "X" on the circle for that number

SECOND, consider: *where do I want to be?*

Fill in the "O" circle for that number

Physical						
I often have little or no physical energy. I feel physically weak and depleted.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input checked="" type="radio"/>	4 <input type="radio"/>	5 <input checked="" type="radio"/>	I usually have very high levels of physical energy. My body is strong and active.
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What can you get out of this, if you choose?

- ▶ Use this as a quick reference guide
- ▶ If you're not where you want to be, remember this is a snapshot in time
- ▶ It's up to you to decide to feel differently today! How do you want to feel on a regular basis? Decide NOW to shift!

Moving forward, pick ONE thing to work on:

- ▶ Make it something you're motivated to work on
- ▶ Why do you want to work on it?
- ▶ What's the specific outcome you're going for?
How will you know you've gotten there?
- ▶ And just start!



Questions?

Building the Bridge with Best Practice



Tools to Build Resiliency

**Mindfulness, Center for Healthy Minds
at the University of Wisconsin**

Resilience Advantage, HeartMath Institute

Daily Gratitude Practice

Best Practices to Help Close the Gap

This is not a rehearsal

Developing balance

Individual responsibilities

Organizational responsibilities

Desired outcomes

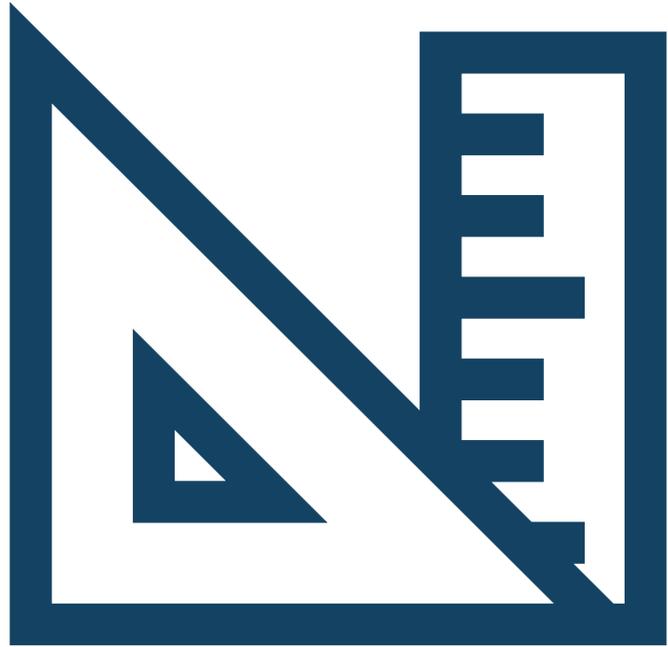
It All Comes Down to Habits

Habit Stacking

(from James Clear
in *Atomic Habits*)

Micro-Challenges

(from Dr. Linda
Hoopes in
Prosilience)



Measuring Progress

Re-Assess

Create
Awareness

Habit
Tracking

Enlist
Help

1% Better

Tips for Measuring Progress

What if it doesn't work?!

- ▶ Remember, change is a journey. It's not "I tried it once and it didn't work"
- ▶ If you see something working for a peer, but it doesn't work for you, don't fret
- ▶ Keep in mind: It's about the reps – and you can only build muscle by putting in the reps!
- ▶ There are always bumps and turns in the road. It's not necessarily smooth or linear!
- ▶ Every challenge is an opportunity for growth

What if it DOES work?!

- ▶ Record your successes in some way
- ▶ Share it if it is working! Help your peers be better, no matter if you're a formal or an informal leader
- ▶ Come at it with a coach mentality
- ▶ Sharing your successes \neq big ego

Write down:

What 2 things are you going to take forward?

Questions?



Thank you for your time!

Books:

- ▶ Prosilience by Dr. Linda Hoopes
- ▶ Atomic Habits by James Clear
- ▶ High Performance Habits by Brendon Burchard
- ▶ Raise Your Game by Alan Stein
- ▶ Mindset by Carol Dweck
- ▶ The Body Keeps the Score by Bessel van der Kolk
- ▶ Trauma Stewardship by Laura van Dernoot Lipsky

Websites:

- ▶ <https://www.heartmath.org/resources/courses/trauma/>
- ▶ <https://www.heartmath.org/heart-coherence/personal/>
- ▶ <https://centerhealthyminds.org/news/early-research-suggests-mindfulness-training-improves-mental-health-outcomes-in-police-officers>
- ▶ heartmath.org/responders

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