

2022 TZD Conference

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

Definitions:

- **Mindset:** What we believe about our capabilities and limitations, how we assess challenges, and how we apply what we've learned.
- **Resilience:** "Maintaining high levels of effectiveness and well-being while dealing with high levels of challenge and disruption." (From the book "Prosilience" by Dr. Linda Hoopes, 2017)
- **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.

Your Baseline on Energy:

- **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 ○	2 ○	3 ○	4 ○	5 ○	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 ○	2 ○	3 ○	4 ○	5 ○	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 ○	2 ○	3 ○	4 ○	5 ○	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 ○	2 ○	3 ○	4 ○	5 ○	I usually feel a strong connection to a sense of meaning and purpose.

Used with permission from The Resilience Alliance, 2022 – <https://resiliencealliance.com>

Tips & Suggestions in Building Your Bridge:

- Pick a place to start – and just start!
- Know why you want to make this shift.
- Start with the end in mind. *What's your target?*
- Enlist help. *Who can give support or help hold you accountable?*
- Don't stop if it doesn't work the first time, there will always be bumps in the road.
- Share your successes with others!

Things to Take Forward:

1.

2.