

April Hours Will Result in May Superpowers.

Try a **30-day Resilience Challenge**. Invest in your own well-being and inspire others along the way by challenging yourself you **be more resilient daily**.

- **Self Care:** Exercise, mindfulness, journaling, healthy habits. Take care of you.
- **Gratitude:** Reflect on positive aspects, express gratitude to others.
- **Social Connection:** Strengthen relationships with family, friends and professionally. Reach out to those who are struggling and create connections.
- **Mindfulness and Relaxation:** meditation exercises, deep breathing, yoga.
- **Goal Setting and Achievement:** Celebrate big and small wins, set achievable goals, build confidence in yourself.
- **Learn from Past Experiences:** Reflect on past challenges to identify strengths and gain insight.
- **Acts of Kindness:** Foster a sense of connection and purpose.
- **Embrace Imperfection:** Accept challenges and setbacks as normal and learn from them. Turn imperfections into strengths.
- **Develop a Growth Mindset:** Believe in your ability to grow during adversity.
- **Seek Support:** Connect with trusted friends, family or professionals.

The Cop2Cop and RPO Lines offers vetted resources including therapists, counselors, clergy and chaplains, psychologists, psychiatrists and substance abuse facilities. Three way calling with providers and support is available as well. We also offer Critical Incident Debriefing (CISM) and diffusing services. We can come to your department for a "Road to Resilience Event" and provide our support to your department in person.

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