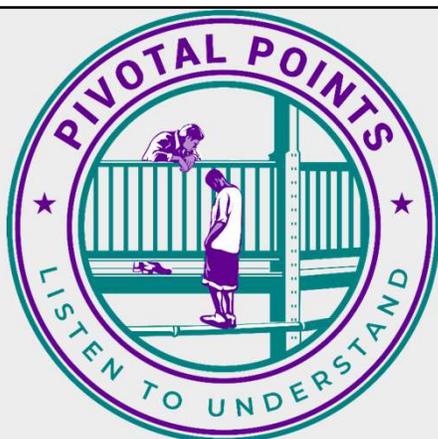


Correction Officer Wellness

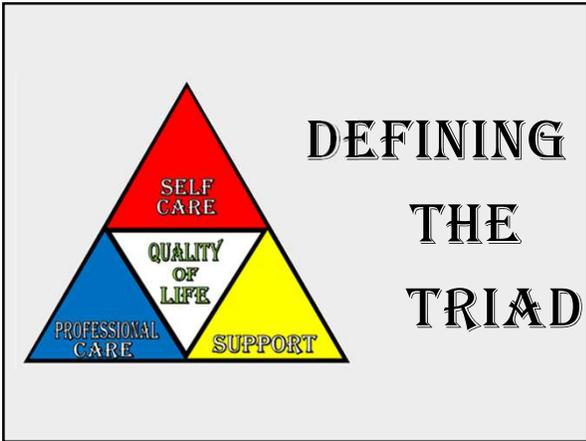


- " No group of Americans has a more difficult or less visible job than the brave men and women who work in our correctional facilities"

President Ronald Reagan 1984







Self Care
The most important (reason it is on top). Recognize what you are experiencing, and have coping skills developed. Things you can do: Meditation, Gym, and Nutrition. Places you can go when feeling low, like the park, movies, mall.

Professional
Besides clinicians, any professional that can assist with your life: Life Coach, yoga instructor, teachers, mentors.

Support
Friends, family, my co-workers, support groups.

10

QUALITY OF LIFE



& THE EIGHT DOMAINS

Emotional Domain

Coping effectively with life and creating satisfying relationships



Emotional Domain



Emotional Domain
Coping effectively with life and creating satisfying relationships

On a scale from 1 to 10, with 1 being not well and 10 being extremely well, where do you believe you are in this domain? _____ (You can use the below examples to help you define where you are and where you want to be?)

Some possible examples of a 1	Some possible examples of a 5	Some possible examples of a 10
<ul style="list-style-type: none"> Shutting down Smearing at others Not discussing emotions at all 	<ul style="list-style-type: none"> Not keeping boundaries consistently Ignoring uncomfortable emotions 	<ul style="list-style-type: none"> Taking about tough emotions Setting and keeping communicated boundaries

What reasons do you have for the score you chose?

Looking at the emotional domain, where would you like your score to be in the next year? _____
Is the score you selected something you believe you can realistically achieve in next year? _____
When you achieve your goal score for next year, what will be different in your life?

13

Environmental Domain
Good health by occupying pleasant, stimulating environments that support well-being



Environmental Domain

