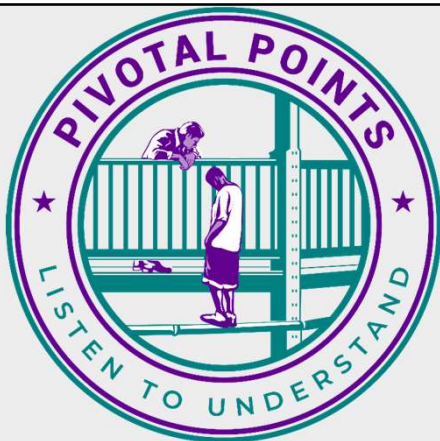


Correction Officer Wellness




- “ 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






First Responder Family



DEFINING
THE
TRIAD

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.

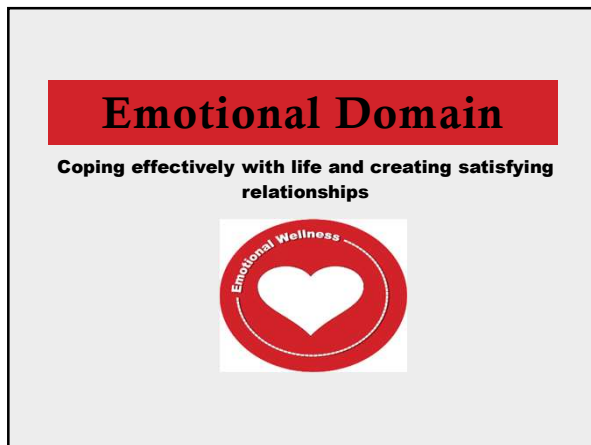


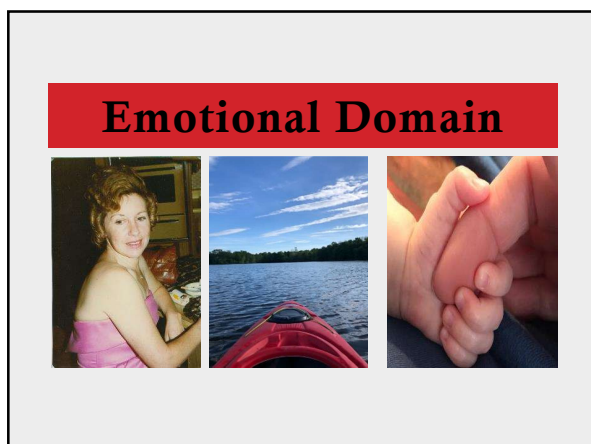
Professional
Besides clinicians, any professional that can assist with your life: Life Coach, yoga instructor, teachers, mentors.


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

10









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• Sneering 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">• Talking 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?

Barriers: As we know all change can be difficult and there will be barriers. Part of designing a plan to improve wellness is to be able to identify different possible barriers as well as identifying ways to move past the barriers.

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Environmental Domain

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



Environmental Domain





Environmental Domain

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

On a scale from 1 to 10, with 1 being not real and 10 being extremely real, where do you believe you are in this domain? _____. You can use the below examples to help you decide 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">Putting off choresDisorganizedNot being "on" at home	<ul style="list-style-type: none">Somewhat safeUncaring	<ul style="list-style-type: none">SafeClean and OrganizedBeing able to unwind and relax


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? _____

Barriers: As we know all changes can be difficult and there will be barriers. Part of designing a plan to improve well-being is to be able to identify different possible barriers as well as identifying ways to move past the barriers.

17


Financial Domain

Satisfaction with current and future financial situations



Financial Domain





Financial Domain

Satisfaction with current and future financial situations

On a scale from 1 to 10, with 1 being not really 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">Not able to provide for needsWorking too many hours to make ends meet	<ul style="list-style-type: none">Living outside means but getting byLiving paycheck to paycheck	<ul style="list-style-type: none">Able to afford all needs and wantsSaving regularly with meeting financial goals

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?


Barriers: As we know all changes can be difficult and there will be barriers. Part of designing a plan to improve wellness is to be able to identify different possible barriers as well as identifying ways to move past the barriers.

21







Intellectual Domain

Recognizing creative abilities and finding ways to expand knowledge and skills



Intellectual Domain





Intellectual Domain

Recognizing creative abilities and finding ways to expand knowledge and skills

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. Indicate 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">• Little to no self-awareness• No desire to learn new skills• Resistant to new knowledge	<ul style="list-style-type: none">• Able to apply some knowledge	<ul style="list-style-type: none">• Consistently able to apply skills• Open to new ways of doing things


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? _____

To 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?

Barriers: As we know all changes can be difficult and there will be barriers. Part of designing a plan to improve ourselves is to be able to identify different possible barriers as well as identifying ways to move past the barriers.

25

Occupational Domain

Personal satisfaction and enrichment derived from one's work



Occupational Domain



Occupational Domain

Personal satisfaction and enrichment derived from one's work

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 may use the below examples to help you decide 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">Not working / not meaningNot able to identify goalsBurnt out	<ul style="list-style-type: none">Working or volunteering "just on-schedule"Working towards goals	<ul style="list-style-type: none">Working or volunteering and fulfilling needsFinding enjoyment and purpose in work

What reason 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 difficult in your life?

Barriers: As we know all changes can be difficult and there will be barriers. Part of designing a plan to improve wellness is to be able to identify potential barriers as well as identifying ways to move past the barriers.

29


Physical Domain

Recognizing the need for physical activity, diet, sleep, and nutrition

Physical Wellness

Physical Domain





Social Domain

Developing a sense of connection, belonging and a well-developed support system

On a scale (Score 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 decide 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">IsolationAvoiding family and friendsNo intimate connections	<ul style="list-style-type: none">Many acquaintances, but few intimate connections	<ul style="list-style-type: none">Reinforced social lifeRegular engagement with family and friends


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? _____

To 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?

Barriers: As we know all changes can be difficult and there will be barriers. Part of designing a plan to improve wellness is to be able to identify different possible barriers as well as identifying ways to move past the barriers.

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Spiritual Domain

Expanding our sense of purpose and meaning of life



Spiritual Domain




Spiritual Domain
Expanding our sense of purpose and meaning of life


On a scale from 1 to 10, with 1 being you need and 10 being extremely well, where do you believe you are in this domain? _____ (You can use the below examples to help you decide where you are and where you want to be!)

<small>Some possible examples of a 1</small> <ul style="list-style-type: none"> • No purpose in life in general • Constant pessimism 	<small>Some possible examples of a 5</small> <ul style="list-style-type: none"> • Being able to appreciate music and the arts but doing so irregularly • Regular interests in connecting spirituality 	<small>Some possible examples of a 10</small> <ul style="list-style-type: none"> • Finding your purpose(s) in life • Thinking positively
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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? _____

Barriers: As we know all changes can be difficult and there will be barriers. Part of designing a plan to improve well-being is to be able to identify different possible barriers as well as identifying ways to move past the barriers.

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Wellness Plan Tips

- Choose things to work on that **YOU** want to work on
- We can not make lasting changes to satisfy others
- Set **REALISTIC** goals
- Every step that helps you improve your Quality of Life is a **POSITIVE** step forward

Thank You

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