



What is Resiliency for LEOs and Public Safety Professionals?

Initially created by the University of Pennsylvania under the direction of **Dr Martin Seligman**, the concept of mental awareness and resiliency was researched for the purpose of giving our soldiers mental awareness tools both in combat situations and more importantly the tools needed to offset some of the traumatic stress associated with what is now commonly called "*Post Traumatic Syndrome*".

The research was done, and the data was created and approved for use with the United States Armed Forces.

The original course has made many evolutionary turns over the last several decades, but the core terminology and data have remained intact and were formatted for use with public safety, educational, government organizations and private occupations. The tools are designed specifically to trigger the brains human logical thinking aspects to overcome our primal and basic reactionary thoughts. The resiliency course is designed to teach the students the art of "*responding verses reacting*". The emphasis in Public Safety is simply to give our professionals the knowledge and ability to take full advantage and control of their mental health and wellness and allow them to respond with focus, purpose, and above all integrity and compassion.

Mental Resilience Defined

In the face of stressors/ changing demands, resilience is the ability to

- ⇒ **Withstand**
- ⇒ **Recover**
- ⇒ **Grow**



The "Public Safety Resilience Trainer" course provides tools necessary to allow an individual, through self awareness, to...

- ◆ **RECOGNIZE** and become **AWARE** the stresses surrounding them both professionally and personally
- ◆ **WITHSTAND** the pressures of those stresses by utilizing the resilience tools and taking **ACTION** to counter those stresses, And above all,
- ◆ **RECOVER** from the experiences of the events that they have encountered and **ACCEPT** the situations for what they are so that through logical thinking they will **GROW stronger from the experience** rather than allowing it to spiral down and out of control.

Why is Resilience Important?

Resilience skills =

Positive Outcomes

- ◆ Focused thinking for great ideas
- ◆ Better decision making skills
- ◆ Increased self-awareness

Improved Health

- ◆ Lowers blood pressure
- ◆ Better sleep
- ◆ Better immune functioning

Teamwork & Leadership

- ◆ Focused on purpose and mission
- ◆ Growth mindset vs Closed
- ◆ Overall productivity increase

TN BLEU Training is a leading expert in the area of leadership and mental health and awareness for public safety, government, and private organization professionals. Our associates and facilitators have vast knowledge in resiliency and have been an intricate part of the evolution of the Officer Resilience Program.

