



145 University Ave. W  
 St. Paul, MN 55103  
 Phone: (651) 281-1200  
 Toll-Free: (800) 925-1122

Public Safety Mental Health Toolkit  
[www.lmc.org/mhtoolkit](http://www.lmc.org/mhtoolkit)

## DAILY REFLECTIONS

- How am I feeling today?
- What was the hardest thing I did today?
- Did I bring my best self to my work?
- What did I learn about myself today?
- If I could do today over, what would I do different?
- What gave me hope today?
- What calls me to this work?
- Am I committed to the purpose of the work I do?
- When I leave this work, how do I want to be remembered?
- Do I need to talk to someone about how I'm feeling?

## WAYS TO MANAGE STRESS

- Get enough sleep, eat a healthy diet, exercise, and find time to relax.
- Have a trusted person that you can talk to: peer, mentor, friend, family member, spiritual advisor.
- Take intentional breaks from work and stress to unwind and recharge.
- Find things to be thankful for every day.
- Take breaks from digital media.
- Focus on what you can control.
- Practice positive self-talk and self-compassion.
- Find time to laugh and enjoy life.
- Take time to ask a colleague how they're feeling today.

## 24-HOUR SUPPORT LINES

**Bulletproof** | [bulletproof.org](http://bulletproof.org) | (800) 273-8255  
 Anonymous and confidential access to health and wellness initiatives, support, information, and resources.

**Copline** | [copline.org](http://copline.org) | 800-COP-LINE (267-5463)  
 Trained peer support and referrals for continued assistance.

**Safe Call Now** | [safecallnowusa.org](http://safecallnowusa.org) | (206) 459-3020  
 Confidential crisis referral service for public safety and emergency services personnel.

## FAMILY CARE HELPFUL TIPS

- Talk with family about how you are feeling.
- Listen to family about how they're feeling.
- Take time to be fully present with your family.
- Participate in, encourage, or plan family activities such as a movie night, game night, or other leisure event.

## STRESS CHECK-IN

**AM I ...** In touch with how I'm feeling?  
 Isolating myself from others?  
 Spending too much time watching TV, playing video games, or rejecting activities I used to enjoy?  
 Feeling cynical, angry, short-tempered, etc.?  
 Drinking, smoking, or eating too much?  
 On edge and having trouble unwinding or relaxing?  
 Behaving in a way that is concerning to my family and friends?  
 Excessively worried, sad, or feeling low?  
 Having vague and ongoing aches and pains (stomachaches, headaches) without obvious causes?

## LAW ENFORCEMENT Pocket Wellness Guide



### DAILY PERSONAL CARE CHECKLIST

- STARTING YOUR DAY RIGHT:**
- Sleep at least seven hours.
  - Take prescribed medications as directed.
  - Think about three things you're grateful for.
- DAILY ACTIVITIES:**
- Do at least 30 minutes of physical activity.
  - Eat healthy, balanced meals.
  - Practice mindfulness.