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?

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?

LAW ENFORCEMENT Pocket Wellness Guide

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