

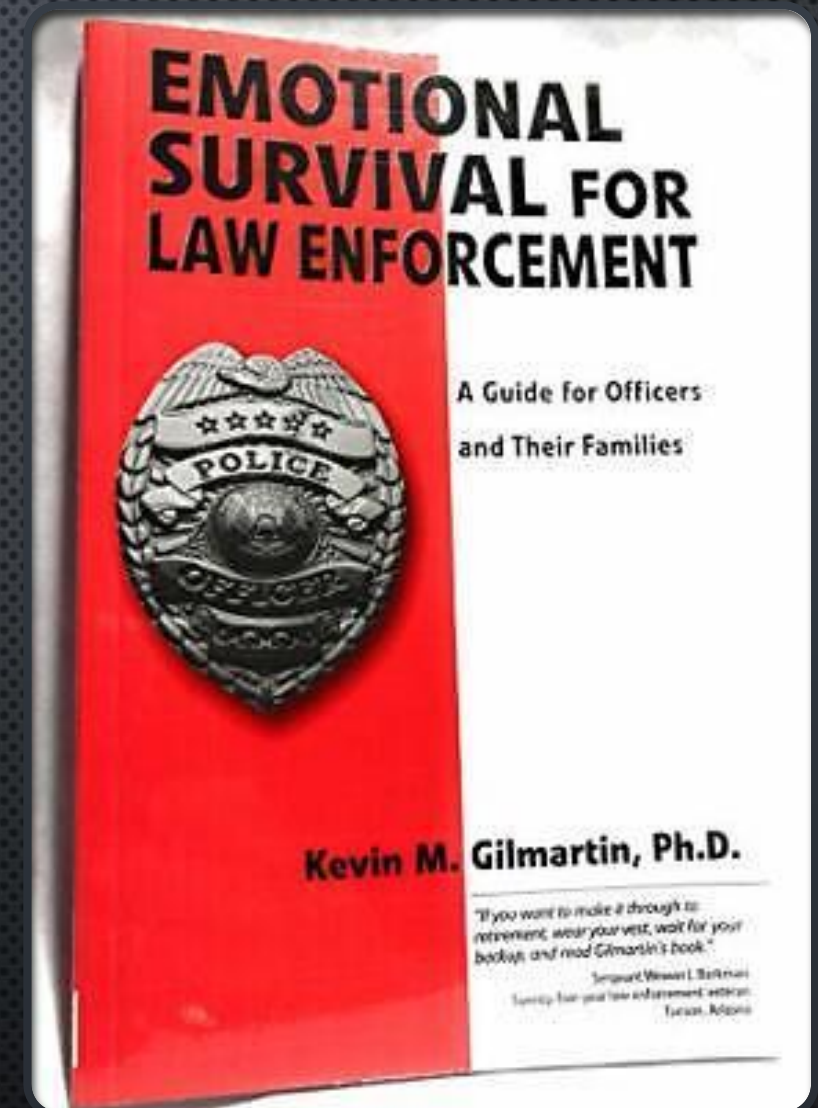
WORK / LIFE BALANCE



EMOTIONAL SURVIVAL FOR LAW ENFORCEMENT

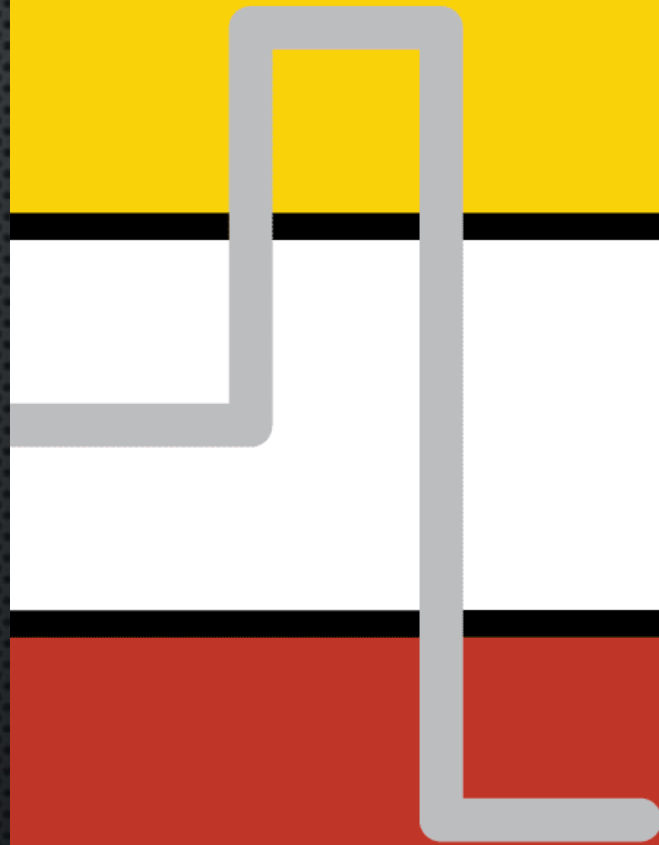
BY KEVIN M. GILMARTIN, PH.D.

- DR. GILMARTIN'S THEORY AND THEME OF THE BOOK FOCUSES ON WHAT HE REFERS TO AS THE "**HYPERVIGILANCE BIOLOGICAL ROLLERCOASTER.**"
- **ON DUTY** –UPPER END OF THE ROLLERCOASTER, TEND TO FEEL ALERT, ENERGETIC, INVOLVED AND HUMOROUS
- **OFF DUTY** – DIP INTO THE LOWER END OF THE ROLLERCOASTER, BECOME TIRED, DETACHED, ISOLATED, APATHETIC, FALL BEHIND IN MAINTAINING RELATIONSHIPS AND FRIENDSHIPS, HOBBIES AND PERSONAL INTERESTS



ON DUTY

Alive, Alert, Energetic, Involved, Humorous



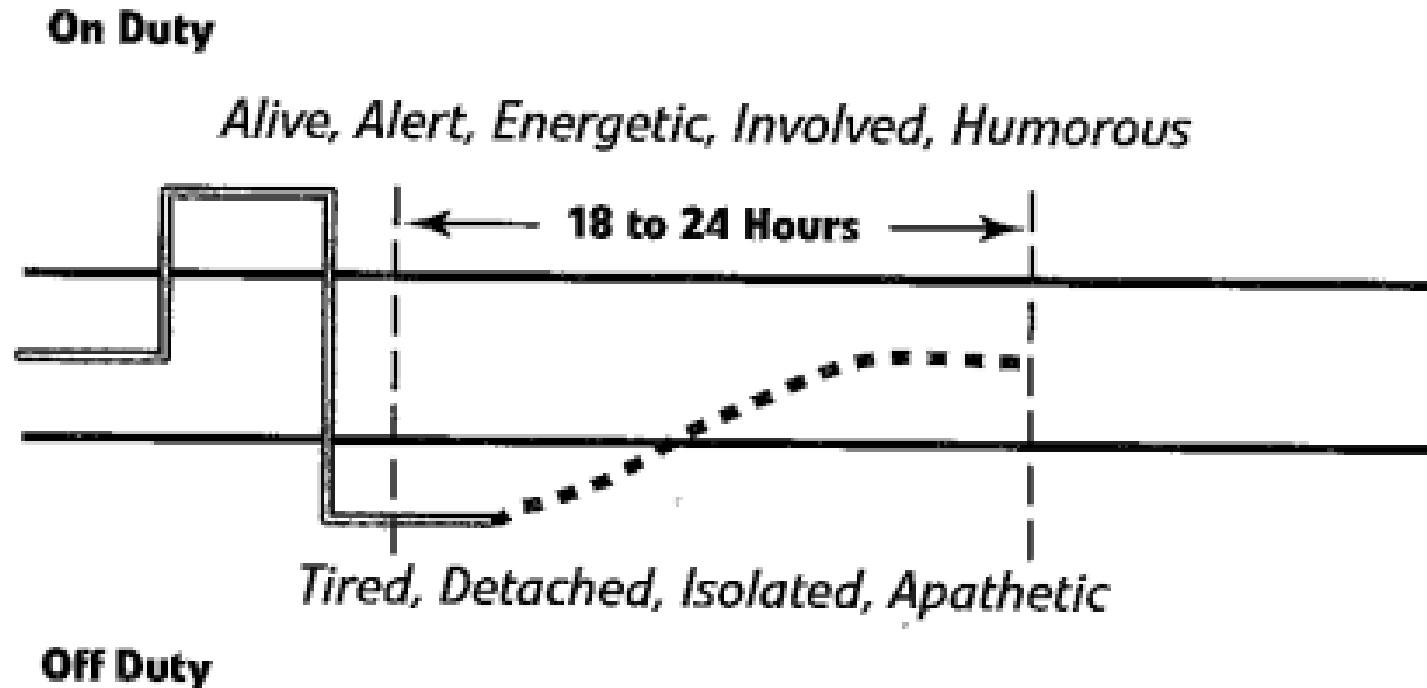
Normal Range of Risk



OFF DUTY

Tired, Detached, Isolated, Apathetic

The Hypervigilance Recovery Period



THE EFFECTS OF HYPERVIGILANCE DIMINISH AFTER 18-24 HOURS AND THEN RETURN TO NORMAL PHASES OF SOCIAL INTERACTION, EMOTION AND PERCEPTION. THE RECOVERY TIME, HOWEVER, IS OFTEN INTERRUPTED AND THE CYCLE REPEATS WHEN WE START BACK ON DUTY.

SYMPTOMS OF LOWER END OF THE ROLLERCOASTER:

- SOCIAL ISOLATION
- WITHDRAWAL FROM NON-POLICE RELATED CONVERSATIONS OR ACTIVITIES
- REDUCED INTERACTIONS WITH NON-POLICE FRIENDS
- DESIRE NOT TO MAKE DECISIONS AT HOME
- STRAINED OR FAILED RELATIONSHIPS
- DETERIORATION IN INVOLVEMENT WITH CHILDREN'S NEEDS AND ACTIVITIES

RECOGNIZE SYMPTOMS & OVERCOME THEM !!

- BE AGGRESSIVE IN TIME MANAGEMENT AND GOAL SETTINGS BY PRACTICING PHYSICAL FITNESS AND BY CONTROLLING THE FINANCIAL WELL BEING
- FIND TIME FOR YOURSELF
- MAKE PLANS AND SET GOALS IN THE PERSONAL LIFE AND FOLLOW THROUGH

THE TRANSITIONS WE FEEL BETWEEN HIGHS AND LOWS ARE OUR BODIES' ATTEMPTS TO FIND BALANCE AND RECALIBRATE.

- PHYSICAL FITNESS SPEEDS UP THE RECOVERY FROM THE LOW END TO MOVE YOU TOWARD NORMAL RANGES OF EMOTIONS AND SOCIAL INTERACTIONS.
- BEING FINANCIALLY RESPONSIBLE REDUCES UNNECESSARY ADDED STRESS.



DR. GILMARTIN'S BEST ADVISE:

- “LEARNING THE SKILLS TO BALANCE ON INVESTMENT IN THE POLICE ROLE WITH THE INVESTMENT IN PERSONAL LIFE ROLES IS WHAT DEFINES A SURVIVOR.”
- FIND WHAT'S MOST IMPORTANT TO YOU, CHERISH IT AND MAKE SURE YOU DO EVERYTHING IN YOUR POWER TO NOT ALLOW IT TO BE LESS

