

What is Tactical Resilience?

Tactical Resilience is a comprehensive concept of wellness systems layered over each other and working in concert to build healthy and effective law enforcement officers and organizations.

The concept of tactical resilience is about creating effective wellness tactics that combine to develop efficient habits that in turn construct superior survival and performance systems that institute a healthy, competent and professional law enforcement culture.

The 9 Nine Critical Protective Factors of Tactical Resilience:

1. Life Planning for Lifelong Growth and Success
2. Emotional Combat Survival Training
3. Stress Management Planning and Practice
4. Peer and Professional Support Systems
5. Career Threat Mitigation
6. Personal Responsibility
7. Team Responsibility - including the concept of "True Blue Valor™"
8. Organizational Responsibility
9. Career Survival Planning

The concept of Tactical Resilience promotes lifelong growth and success through the use of Life Planning with tools and worksheets like this one.

List Five Things You Would Add to Your Life Plan for Growth and Success:

- 1.
- 2.
- 3.
- 4.
- 5.

The concept of Tactical Resilience promotes Emotional Combat Survival through daily physical, mental, emotional and spiritual training and practice.

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List Five Ways You Will Plan for Your Emotional Combat Survival:

- 1.
- 2.
- 3.
- 4.
- 5.

The concept of Tactical Resilience promotes Stress Management through the development of a daily stress management strategy and practice.

List Five Things You Will Do Daily for Your Stress Management Practice:

- 1.
- 2.
- 3.
- 4.
- 5.

The concept of Tactical Resilience promotes Peer and Professional Support Systems like Peer Support, CISM, Chaplain's Programs, etc.

List Five Important People in Your Peer and Professional Support System:

- 1.
- 2.
- 3.
- 4.
- 5.

The concept of Tactical Resilience promotes Career Threat Mitigation by doing a thorough threat assessment and Resilience Plan to prepare for all threats to you, your family and your career.

List Five Things You Can Do to Mitigate The Threats to Your Career:

- 1.
- 2.
- 3.
- 4.
- 5.

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The concept of Tactical Resilience promotes Personal Responsibility as a strategy to develop the strengths needed to survive a very toxic law enforcement career.

List Five Things You Can Do to Define Your Personal Responsibility:

- 1.
- 2.
- 3.
- 4.
- 5.

The concept of Tactical Resilience promotes Teamwork and Collaboration through team responsibility and the development of a true "No One Gets Left Behind" strategy called "True Blue Valor™".

List Five Things You Can Do to Build Your Team's Responsibility:

1. Train and Reinforce the concept of "True Blue Valor™"
- 2.
- 3.
- 4.
- 5.

The concept of Tactical Resilience promotes Organizational Responsibility for the health, resilience and wellbeing of all members including the development of a culture of "True Blue Valor™".

List Five Things You Can Do to Build Your Organization's Responsibility:

1. Train and Reinforce the concept of "True Blue Valor™"
- 2.
- 3.
- 4.
- 5.

The concept of Tactical Resilience promotes Career Survival through proper planning of your personal and professional wellness and through on-going career development.

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List Five Things You Can Add to Your Career Survival Plan:

- 1.
- 2.
- 3.
- 4.
- 5.

The Law Enforcement Survival Institute promotes the concept of tactical resilience through the presentation of our three primary training courses: Armor Your Self™ to strengthen individuals, Armor Your Agency™ to create agency support systems and True Blue Valor™ a system that creates a positive and supportive law enforcement culture that cares for the mental, physical, emotional and spiritual health of all personnel.

You can learn more about the concepts of Tactical Resilience and the other strategies taught by The Law Enforcement Survival Institute at our website at: www.LawEnforcementSurvivalInstitute.org.

You can also read our on-going articles on police stress, PTSD, the importance of family support, wellness and other fitness strategies on our blog site at: www.CopsAlive.com.

The Law Enforcement Survival Institute and CopsAlive.com were founded to provide information and strategies to help police officers successfully survive their careers. We help law enforcement officers and their agencies prepare for the risks that threaten their existence. The articles on CopsAlive.com are written to prompt discussions within our profession about the issues of law enforcement career survival. We invite you to share your opinions, ask questions and suggest topics for us in the comment boxes that are at the bottom of every article.

You can also support our work by contributing your tips, suggestions and best practices by sending your contribution to our Police Wellness Project at: www.PoliceWellness.com or by submitting your videos for our Survival Tips for Cops YouTube site at: <http://www.youtube.com/survivaltipsforcops>. Send submissions to submissions@CopsAlive.com.