

Tips For Taking Care Of Your MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

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Promoting Wellness and Resiliency in Correctional Officers Hayden P. Smith, 2022-12-26 Correctional officers face considerable stress risk and danger that lead to poor physical and mental health outcomes In fact their life expectancy is 15 years shorter than the national average Public perception and media portrayals of correctional officers tend to reinforce stereotypes of brutish improper and uncontrolled behavior Yet the reality is that correctional officers are operating a default public and mental health system for a sizeable portion of our society a responsibility that exposes them to considerable risk These negative effects have been compounded by an international staffing crisis that has made our jails and prisons far less safe for working officers To address this situation this book features an examination of a combined 11 313 correctional officers and 42 of their family members in the United States Canada and Europe It explores proactive strategies that can reduce rates of posttraumatic stress disorder PTSD in correctional officers which currently surpasses those found in returning military veterans who experienced combat It then delves into the dynamics of correctional officer suicide featuring the perspectives of their families This book highlights innovative approaches that can build on existing strengths including the role of international exchange programs It presents universal themes that impact the safety wellbeing and resiliency of correctional officers along with positive outcomes related to evidence based programs that maximize health in the correctional workplace This book will be of interest to researchers and advanced students of criminology mental health public policy social work and sociology The chapters in this book were originally published as a special issue of the journal Criminal Justice Studies Mental Self-help Edwin Lancelot Ash, 1923 **Mental Health** ,1966 **ADAMHA News** ,1981 **Mental Self-help** Edwin Lancelot Hopewell Ash, 1921 **Cosmopolitan** ,1923 The Survey ,1929 **Woman's World** ,1925 Normal Instructor and Teachers World ,1928 **Press Summary - Illinois Information Service** Illinois Information Service, 1981 **Hearst's International** ,1923 **Journal of the American Medical Association** American Medical Association, 1903 Includes proceedings of the Association papers read at the annual sessions and list of current medical literature **The Journal of Nursery Education** ,1961 **AIA Journal** ,1968 **Sale** Sotheby Parke Bernet Inc, Sotheby's (Firm), 1986 **National Parent-teacher** ,1957 **American Illustrated Magazine** ,1917 **The Popular Science Monthly** ,1923 The Civil Service Year Book ,2002 Town Journal ,1924

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