

Self care for the police

State of Kerala

Why we need to understand and have self care

- * Increase in stress levels in the forces.
- * Post trauma stress.
- * Rise in cardiovascular, musculoskeletal, gastrointestinal, and psychological disorders.
- * Turning to wrong stimulants like caffeine and alcohol worsens the situation.
- * Understanding and managing stress levels makes for better productivity.
- * Destroys interpersonal relationships.
- * One has to be in good spaces first to take care of others

Good beginnings- start the day

Breathing exercise accompanied by meditation helps regulate blood flow in your body.

It relaxes the body, decrease stress and calms tension which could lead to further physical ailments.

Yoga and physical exercise keeps one alert on their feet, agile and releases endorphins and neurotransmitters.

They help in regulating your mood, reduces perception of pain and trigger a positive feeling in the body.

They help overall in reducing stress within mind and body.

Food,water,and supplements

- * Have food on time,
- * Never skip a meal.Have a healthy snack or fruit if you cannot have a meal.
- * Reduce caffeine intake to a minimum.
- * Intake of water is essential,and has to happen at regular intervals.Any sign of dehydration should be tackled immediately.
- * Supplements should be taken as prescribed by a doctor.

Rest and sleep

- * Sleep deprivation is the number one reason for a lot of health problems, causing problems in thought processes and problem solving. The tendency to take rash decisions increases when there is inadequate sleep.
- * Sleep requirements vary from person to person. At least 7 to 9 hours of sleep are required per night.
- * Avoid sleeping right after dinner as this disturbs sleep and digestive process.
- * Learn to wind down in a relaxed manner so as to get good quality sleep.
- * If you are having an extremely tiring day, try and get a 15 min nap.
- * Try and take a break and sit down in between your duty for a short interval.

Managing anger issues

- * Anger issues can be a manifestation of stress within .Sometimes inability to handle situations,as we think is right can cause frustrations.
- * There are situations which could remain in your mind for months,unknowingly causing disturbing emotional stress.Take extra care of yourself after handling disturbing cases like child abuse which could play out in your mind and life in unnecessary ways.
- * Remind yourself that by being detached,calm and methodical,you can help the victim more.
- * Always ask when in doubt and be updated in training.The confidence helps reduce the stress levels within.
- * Anger releases stress hormones which can cause health issues.
- * Don't suppress anger,use techniques to manage anger such as deep breathing,exercise,writing a journal and burning it if you do not want to keep the information.

Day to day

- * Recognize your stress points and causes.
- * Breathe. Every one hour,remember to breathe in deep,hold for a count of five and let go.
- * Have a yearly medical check up done.
- * Self care and mental health assessment.
- * Just as you would see a doctor for a fever of the body,reach out to a counsellor for dealing with stress if you need external support.

Day to day

- * Try and maintain routine.
- * Take a break and travel or relax at home, whichever works for you, to give yourself a break.
- * Quality time with friends and family.
- * Read, listen to music, start a hobby.
- * Try and watch or turn to things that make you laugh and relaxed in between your work.

New age issues

- * Nearly 80% of articles on social media like Whatsapp are false. It also includes news intended to create damage. If people need to use anonymity to spread news, they are not worth listening to.
- * Continuous use of social media has been seen to be detrimental to mental health.
- * Cross verify news you might hear. False news and rumors travels faster than the truth.
- * It is best to be updated about social engineering methods that tricksters use.

Working in online spaces

- * Those of the officers working in the space of online safety, especially those related to sexual violence and child pornography have to be extremely careful about their mindset and well being.
- * It's very important to switch off every hour, at least for five minutes. Have soothing music in the back ground and pictures (preferably of nature), as your screensaver. Walk around for at least fifteen minutes after you work for a few hours.
- * Have sips of water or fluids Every hour.
- * Have adequate sleep.
- * Make sure you take a break from work, doing things that you enjoy to Destress. If work seems at be getting to you, please get adequate support.

A Thought

- * Power of forgiveness, power of gratitude
- * For every situation, we can have a reaction and a perception. We can either turn bitter and negative or use the learning to turn better. Life is a gift .





B O D H I N I

Freedom from Fear