

RECOVERY

diet and get plenty of sleep.¹ Do something that is going to elevate yourself. These small changes have impacted my life for the better. Although nothing can change what happened, we must continue to push forward, keeping the amazing memories of our loved ones.


Each of us lives in a constant state of crisis for eight, 10, and 12 hours a day. In order to truly take care of others we must start with ourselves. Seeking help to deal with the traumas we face daily should not be viewed as a negative. There is only so much one can take on by oneself. If you are currently experiencing, or have experienced in the past a traumatic event, please seek some type of help. Talk to a colleague with whom you are comfortable. Activate critical incident stress management (CISM). If your agency does not have an employee assistance program (EAP) or CISM, please look into it. Do you know your agency's

chaplain? If you don't, can you make a connection now to use later down the line? Do you have a victim's advocate unit? Victim's advocates are specifically trained to deal with those who have suffered a misfortune and can provide benefits and information on community services. Most importantly, seek professional help. Talking with a professional therapist that passes no judgment and offers to listen and be a guide is extremely helpful. Finally, remember to take that vacation, visit your family or whatever it takes to recharge your batteries and get back to it. Remember, you are not alone. ●

Michael Speigle, Emergency Operations Manager, Sarasota County Sheriff's Office.

REFERENCE

1 Lawrence Robinson, Melinda Smith, M.A., and Jeanne Segal, Ph.D. Last updated: October 2018. Emotional and Psychological Trauma. www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm/



The work you are doing is important and critical when you are in the office. But when you're not, you must learn to think about yourself.