

# Resiliency in first responders

## What is Resiliency?

The process of adapting well in the face of adversity, trauma, tragedy, threats, or other significant sources of stress



- Resiliency does not mean that people will be unaffected by the events they experience
- Anyone can develop resiliency over time if they are intentional about it and dedicate proper time to it
- Resiliency can be a protective factor of instances of post-trauma stress
- First responders are shown to be more resilient than the general population because they're constantly challenged to look at how to rebuild their lives following the tragedies they are frequently exposed to at work
- Focusing on stress management, healthy coping mechanisms, relaxation strategies, building social connections, communication techniques, and focusing on a positive end goal can all help to build resilience following trauma
- No two individuals have the exact same coping mechanisms, so resiliency may present differently in different people
- Having support groups both inside and outside of work can help someone build up a higher level of resiliency to stressful events
- Resilient first responders are better able to fulfill the requirements of incident response
- It is important for first responders to identify areas where they can foster resilience before, during, and after incident response
- Seeking professional help when needed is crucial to building resilience and help may look different for everyone

## Resources

- **IACP:** [Enhancing Officer Wellness and Resiliency in Policing](#)
- **IAFF:** [How to Bend, Not Break: 10 Factors of Resilience](#)
- **APA:** [Building Your Resilience](#)
- **U.S. Dept. of Health and Human Services:** [Individual Resilience: Factsheet for Responders](#)