

Protect Your Peace

Law enforcement personnel are professionals at promoting and maintaining social peace, but how can sworn and civilian personnel protect their peace this holiday season? Some thoughts to consider:

Expectations of others, particularly during the holiday season, often results in failure to protect one's peace. Temper your expectations to maintain your peace.

Simply be with loved ones. Take the time to give and receive love. You are the gift. You yourself are the gift.

Embrace the heart of the holiday season. Be patient and understanding, even when you might feel impatient and not understanding.

Focus on what you can control- your attitude and how you treat others in any given situation- and let go of the rest.

If you find your mood or stress level going in the wrong direction, then something (internally) is amiss. What to do?

Simply pause, and be curious. Consider what just happened immediately beforehand. What are your thoughts about what just happened? Is your interpretation accurate, and how do you know for sure? Do you need to confer with a trusted other or neutral 3rd party to evaluate the situation, your internal reaction, and how you might more be more effective in the current situation?

Thank you for being the peacemakers in the City of Los Angeles. May you be rewarded for your good work, and may the gift of peace be with you and your families this holiday season.

Stephanie Barone McKenny, Ph.D. Police Psychologist I, Behavioral Science Services