



Protect Your Anchor

When the tank is running low, you do not need to fix everything at once. You need one reliable anchor.

This worksheet helps you choose one small habit to protect this week, and actually follow through on it.

OFFICER RESILIENCE WORKSHEET



Pick One Anchor

Choose one area to protect this week. One. Not all four – just the one that matters most right now.

When everything feels urgent, focus is what keeps you from spinning out. You do not need a perfect plan for every part of your life this week – you need one anchor you can actually hold onto, protect, and repeat until it starts to steady you.



Sleep

The foundation everything else runs on. If sleep is getting crushed, your patience, judgment, and recovery take the hit first.

Protecting sleep does not mean sleeping perfectly every night. It means making one honest move this week that gives your body a better chance to recover.



Real Food

Fuel your body before the job burns through it. When you skip meals or live on caffeine and convenience, stress hits harder and the crash comes faster.

Real food is not about being strict. It is about giving yourself enough steady fuel to think clearly, stay calm, and make it through the shift without running empty.



Movement

Even short movement shifts your mental state. A hard shift can leave stress trapped in your body, and movement is one of the fastest ways to release some of it.

You do not need a full workout or a perfect routine. A walk, stretch, lift, or any deliberate movement can be enough to break the pressure cycle and help you reset.



Connection

A real conversation with someone who matters. Isolation makes stress louder, while the right conversation can remind you that you are not carrying everything alone.

This is not about small talk or pretending things are fine. It is about one honest connection that helps you stay grounded, human, and less worn down by the job.

My anchor this week is: _____

Why this one matters most to me right now: _____

Make It Specific

A vague plan sounds good when you are calm, but it usually falls apart the moment the week gets heavy. Specificity is what turns a good intention into something you can actually do under stress – one clear move, in one clear moment, that is simple enough to repeat even when your energy, patience, and time are all getting taxed.

Sleep

Protect 7 hours on at least 3 nights this week, and make it a real cutoff, not just a hope. That might mean setting a hard stop on screens, backing into bed earlier than usual, or deciding in advance what can wait until tomorrow.

The point is not perfect sleep hygiene. The point is giving your body a few nights where recovery actually has a chance to happen, so you are not trying to function on fumes all week.

Real Food

Eat protein before shift – every shift. Keep it simple and repeatable so you are not deciding what counts when you are already behind. If needed, prep it the night before or keep a backup option in the car or bag.

When you start the shift already fueled, you are less likely to get hit with the crash that makes everything feel harder. This is about steady energy and a better baseline, not trying to eat perfectly.

Movement

Walk 10 minutes after shift before going inside. Use that time to separate the job from the rest of your life and let your body come down a notch before you walk through the door. Keep the pace easy enough that you will actually do it, even on a rough night.

This is not about exercise for performance. It is about clearing some of the tension out of your system so you do not carry every shift home with you.

Connection

Have one real conversation with someone you care about. Pick the person ahead of time and make the conversation count – no checking the box with small talk, half-listening, or scrolling while you talk. Be honest about how you are doing, even if it is just enough to say you have been carrying more than usual.

Connection does not fix everything, but it can keep stress from turning into isolation. One grounded conversation can remind you that you are still a person, not just the job.


☐ My specific action is: _____

If I miss a day, my plan to get back on track is: _____

Plan the When

An anchor only works if it has a place in the day. A plan without a time is just a wish. Fill this out before the week starts.

I will do this on	_____
Best time of day	_____
What could get in the way	_____
How I will handle that	_____

 The more specific the plan, the better the odds of it surviving a hard shift or a long week.

Track It

Check the days you protected your anchor. No commentary needed – just mark it down. Done or not done.

1 Monday <input checked="" type="checkbox"/> Protected	2 Tuesday <input checked="" type="checkbox"/> Protected	3 Wednesday <input checked="" type="checkbox"/> Protected
4 Thursday <input checked="" type="checkbox"/> Protected	5 Friday <input checked="" type="checkbox"/> Protected	6 Saturday <input checked="" type="checkbox"/> Protected
7 Sunday <input checked="" type="checkbox"/> Protected		

✔ Most weeks won't be 7 for 7. That's fine. Four or five solid days beats zero every time.

Review the Impact

At the end of the week, take five minutes and answer honestly. No one else sees this.

What to Assess

- Did this help my **energy** through the week?
- Did this help my **patience** on shift or at home?
- Did this help my **sleep, focus, or mood**?
- What would I **change** next week?

Your Notes

Energy: _____

Patience: _____

Sleep / Focus / Mood: _____

Change next week: _____

☐ One thing I learned from protecting this anchor is: _____

Build From Here

You do not need a perfect week. You need one steady move repeated often enough to matter.

Protect one anchor. Keep it simple. Run it again next week – same anchor or a different one, depending on what the job is demanding right now.

This is not about overhauling your life. It is about holding one line when everything else is pulling at you. That is enough. That is the job.

Pick One

Sleep, food, movement, or connection.

Make It Specific

One clear action with a time and a day.

Protect It

Hold that line. Repeat next week.

