

Building a Healthy and Safe Workforce during Covid19 'Service above Self'

Superintendent Jenny Wilson – responses to presentation questions

Q. How do you support your own resilience?

I'm fortunate as I believe I've been able to build resilience over a number of years, I think resilience takes practise and I started at a young age building experiences through good times, bad times and challenging times both in my childhood and early 20s and then throughout my life. Having sought professional help when young I've had the opportunity to build some really good skills and strategies. Exercise is important from a walk to a ride on a bike. Forward planning to ensure there is relaxing and fun time, to balance worktime. Spending time away from policing and knowing myself when I need to unplug and to make the call. Having good friends, it doesn't have to be many but people you can talk to but also have a laugh with. Lately, I've been working on my mindset understanding how much control we all have of our minds however this takes practise e.g. when I go home each night esp. after a hard day, I stop at the front door and try and leave the negatives of the day and walk through the door with a positive mindset. When frustrated I think is this about a fixed mindset, is it important or can I adapt.

Q. What can we as a community do to support our local police?

I'm a member of Compassionate Ballarat (checkout the website), I believe we all have the ability to be and show compassion that is looking at those around us who are suffering and reaching out to them. Whether it's just acknowledging someone who is usually invisible, who you see is in need, building community connections. Building community connections makes for a stronger resilience as well as caring community which assists your local police by preventing a number of drivers of crime evolving.

Criminals look for opportunities to take advantage.

If you observe a crime or come across information about people undertaking criminal activity, we are reliant on community information to help us keep you safe, you can report this to Crime Stoppers 180033000, which can be anonymous, is a great way to help us know where we are most needed.