Stop Playing the "Cat and Mouse" Game

Exploring the Connections between Self Perceptions, Self Talk, and Chronic Stress

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Objectives

• What do I think of my role as a Corrections professional?

• What is my attitude about my work?

• Why does it matter?
What is an attitude???

✓ A **settled** way of thinking or feeling about someone or something, typically one that is reflected in a person's **[internal and external]** behavior.
A brief disclaimer…
Ever feel like this is our job?
And we end up thinking like this

I'VE DEALT WITH ENOUGH IDIOTS FOR THE DAY

I NEED A NAP.
Or how about this?
And we end up thinking like this

I can’t fix stupid.
Is this what we’ve become?
And we end up thinking like this?

That feeling when you're just so sick of everything and everyone; you just can't take it anymore.

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The Common thread...

• Expectations of accountability and responsibility
• External opportunities for change created by agent
• Focus on client’s external behaviors
  o Anti-social choices and actions
  o Physical needs and lack of resources
  o The stories they tell us
A shift in attitudes

• The Traditional perspective(s)
  - Community Safety through agent monitoring and compliance
  - Primary focus is on sentence compliance
  - Brokering resources in an effort to “fix” everything
  - Agent is responsible for creating external change

• The Change Agent perspective
  - Community Safety through client building skills and agent reinforcement
  - Focus is on criminogenic needs and their drivers
  - Matching services to client (responsivity)
  - Agent is responsible for facilitating internal change
The difference

- **To Create Means:**
  - To bring [something] into existence
  - To bring about a course of action or behavior
  - Focuses on external behaviors

- **To Facilitate Means:**
  - To make [something] easier
  - To help bring about an outcome
  - Change comes from internal behaviors
What about this?
A Preventative Strategy
What do we do about the stuff we took off our plates?

- Grounding Exercises
- Self-Care
- Mindfulness
- Deep Breathing
- Challenge Harmful Self-Talk
- Increased Self-Awareness
Closing Practice

Grounding Exercise

Look around and name:
5 Things you can see
4 Things you can feel
3 Things you can hear
2 Things you can smell
1 Thing you can taste