

Rational Detachment

Rational detachment is the ability to control our own behavior and not take hostility personally. Sometimes this is easier said than done. It is important to identify strategies to utilize in advance of a situation to be prepared, what tools or techniques you can rely on while managing a disruptive situation, and positive outlets for the negative energy absorbed during conflict.

Here are some suggestions to reach your own tension reduction.

Before	During	After
<ul style="list-style-type: none"> • Exercise • Have fun • Get plenty of sleep • Eat right • Read • Allow enough time for commute • Professionally vent • Know the policies and procedures • Attend training • Practice, rehearse, plan • Be consistent • Communicate with peers • • • • 	<ul style="list-style-type: none"> • Stay calm • Breathe • Use visualization • Think and focus • Check your ego and baggage at the door • Assess your options • Use the policies and procedures • Use your team as support • Step back physically and mentally • Don't personalize • Don't underestimate the power of apology • • • 	<ul style="list-style-type: none"> • Call EAP • Evaluate the situation • Take a break to regroup • Cry • Debrief and evaluate • Document the incident • Professionally vent • Review the policies and procedures • Move on • Attend more training • Practice • Take a walk • Use silence • • •