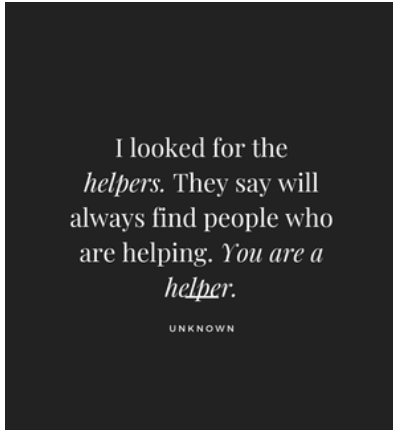


Quarterly Newsletter

IN FOP Auxiliary
Spring 2024



Spiritual Corner

Practice Daily Gratitude

Recognizing the positive daily can drastically improve your wellbeing and overall view of the world.

“Acknowledging the good that you already have in your life is the foundation for all abundance.”- Eckhart Tolle



Physical Tips

- Start Your Day With Something Positive such as walking or journaling
- Aim for 10,000 steps a day
- Limit blue light before bed



Mental Health

No matter what challenges or setbacks we face, life continues to move forward. March, a time of renewal, teaches us the importance of resilience and adaptation.



Overall Wellness

Wellness Check: How are your 8 components? Emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial.

Community Updates

CIPF Wellness Summit
Sept. 26 & 27
Crowne Plaza, Indy
lisa@cipf.foundation

Leading With Character
Chaplains@thinblue1st.org

Trauma in Law Enforcement
by C.O.P.S.
July 8-10, Indy
concernsofpolicesurvivors.org

To Find an auxiliary near you:
auxiliary@instatefop.org

Why the Auxiliary?

- Be a part of something bigger!
- Meet like-minded people for support and a better understanding of how to handle things when you're having a tough time!
- Build relatable friendships! We all share the same worries!
- Have access to education information to help keep you healthy, happy, and informed!
- Have your own access to benefits like LifeLock, Banking, Scholarships, Insurance, Travel, and more!
- Automatic Accidental Death Benefits at no charge