STRATEGIES POLICE USE TO PROMOTE WELLBEING WHEN REVIEWING CSAM FOR WORK

1. Focus attention on the task — 63% of police do this often
2. Try not to focus on any image or video for too long — 59% do this often
3. Remind yourself of the importance of the work — 59% do this often
4. Turn audio down or off — 53% do this often
5. Take breaks from the material you are viewing — 52% do this often
6. Focus on the factors and not the activity in the image — 49% do this often
7. Imagine the successful outcome of the case — 40% do this often
8. Talk to other officers investigating the case — 37% do this often
9. Listen to music while working — 37% do this often
10. Take breaks to meditate or clear your mind — 32% do this often
11. Turn your mind to pleasant thoughts — 27% do this often
12. Talk with someone about what you are viewing — 16% do this often