

THE
INNOCENT
JUSTICE
FOUNDATION



SHIFT December Newsletter

Happy Holidays!

Staying Present During the Holiday Season

When it comes to the holiday season, it can be very difficult to stay present and in the moment, as opposed to focusing on the "should", "need tos", and "must dos". Although it typically our intention to stay present, it can be hard when we feel pulled in many different directions. When this occurs, we might find ourselves missing out on wonderful opportunities to connect with those that we love, and being grateful for what we have. It might take a little extra effort to learn to be more present and mindful, but the benefits really do outweigh the effort.

To read some ways of staying present click [here](#).

Happy
Holidays

A Message From our CEO:

As another year comes to a close, we here at the Innocent Justice Foundation want to offer heartfelt thanks and profound gratitude to all those who have supported us in various ways throughout the year. We are continuously inspired by all the law enforcement and allied professionals we have met and worked with across the country and remain in awe of their unwavering commitment to protect and serve children and families. This shared mission gives me meaning and purpose and enables me to continue our work even through the toughest of times. There are those among us who sacrifice so much in service to their community and to preserve the innocence and safety of those we hold most dear. They put their lives at risk, often with very little acknowledgement, to ensure our

Upcoming Training

- [SHIFT Wellness Psycho Educational Program - Hillsborough, NC](#)
- [SHIFT Wellness Psycho Educational Program - Columbia, SC](#)
- [SHIFT Webinar - "Maintaining Your Balance - Resiliency Action Plan"](#)

Click [here](#) for the rest of the Training Schedule!

Links to Additional Resources

[Holiday Wellness Challenge](#)

[December Wellness Focus – Healthy Eating Tips for the Holidays](#)

[10 Tips to Keep Employee Wellness on Track for the Holidays](#)

Success Stories

Share your success: Please send us a personal success story of how you have implemented suggestions from attending SHIFT into your life! Please include your state and title, however names will remain anonymous.

Send to: gabriela@innocentjustice.org

children are protected. In this time of celebration of the many Holidays and Traditions across the world, let us remember those who care so much for the most vulnerable among us. We will continue to stand with them, speaking of their commitment, celebrating their accomplishments, and advocating for institutional support and recognition for their good work. May we all recognize the vital role our brothers and sisters in blue play in protecting and building healthy communities, remembering that everything is connected. Wishing you peace, hope, and joy this Holiday Season!

Be well!

Your TIJF Wellness Team

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SHIFT Wellness Resources:

- [For Law Enforcement](#)
- [For MHPs](#)
- [For Friends & Family](#)
- [For Judicial Professionals](#)