

WORK'S MENTAL

Energising Mental Health at Work



**Detective Superintendent
Catriona Paton**

***Head of Border Policing
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Catriona was appointed to Central Scotland Police in 1989 as a Police Cadet and has worked within a number of disciplines and departments during her policing career. She has a wealth of experience engaging with people in crisis, assessing situational and behavioural factors to understand the motivations in order to reduce risk and to identify a positive resolution. Catriona will share some of this experience and its relevance to our topic *Energising Mental Health at Work*.

What you focus on expands – so Catriona tries to switch off when she gets home and focuses her thoughts and activities on family and friends. She goes to yoga a few times a week with friends which means she gets a chance to chat and laugh while de-stressing her body. Family, friendship and exercise bring the balance needed to a complex and full on work life.