



**BJA**  
Bureau of Justice Assistance  
U.S. Department of Justice



## The impact of stress can be reduced. Be intentional, act now, build resilience!

Resilient officers are able to handle and deal with stress more appropriately, therefore reducing the negative consequences faced by officers and agencies.



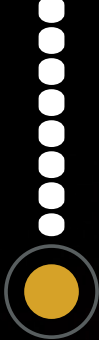
### Emotional Health

- Social support
- Positive attitude
- Keep anger in check
- Limit negative self-talk



### Psychological Health

- Positive self-talk
- Keep a journal
- Mindfulness
- Let stuff go
- Take a break
- Seek help



### Physical Health

- Relaxation
- Deep breathing
- Yoga
- Exercise
- Adequate sleep
- Limit alcohol, caffeine, and nicotine
- Balanced diet
- Seek help



### Spiritual Health

- Prayer
- Meditation
- Speak with clergy
- Forgive
- Activities that bring you joy

