





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



This project was supported by Grant No. 2016-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.