



REMEMBER YOUR **C.A.L.M.**
CONTROL
EMOTIONS



5 STEPS
 FROM **CRISIS**
 TO **CALM**

NUMBER THREE:

Avoid being provoked into an emotional response.

Every movement, every action, and every word either contributes to combative energy or a calm interaction.

Be aware of your words, facial expressions, and body language.



For more officer safety and wellness resources, visit bja.ojp.gov.



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