



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 bj.a.ojp.gov.



This project was supported by Grant No. 2019-VI-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the 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. 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.