

Stress is a part of life and everyone experiences it.

Agencies need to support programs that address stress
and build resiliency at every stage of an officer's career.
Beginning with the academy, tools for physical, mental, and
emotional health should be introduced.

Ongoing in-service training to manage stress and build resiliency
is a must throughout an officer's career—
up to and including preparing for retirement.

**Law enforcement leaders have a responsibility
to serve as role models for their fellow officers.**



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

For information on stress and building resilience,
read *Mitigating the Emotional Impact of
Stress on Law Enforcement*.

www.valorforblue.org



Build Resilience

1

Develop policies and procedures and provide ongoing training on critical stress-related topics.

- Stress awareness and management
- Resiliency
- Employee assistance resources
- Post-traumatic stress disorder (PTSD)
- Suicide awareness
- Creating and maintaining healthy relationships
- Exercise, nutrition, and diet

2

Promote and encourage peer support and self-care initiatives throughout the agency.

- Supervisory initiatives that build personal relationships
- Peer support teams
- Yoga and deep-breathing exercises
- Mindfulness and meditation approaches
- Physical fitness initiatives
- Healthy snack options

3

Encourage participation in family engagement programs.

- League and team sports
- Family events
- Family support groups

4

In the event of a critical incident, provide additional support to officers and their families.

- Implement critical incident stress management teams.
- Support officers emotionally and mentally.
- Monitor officers as they return to work for physical and emotional wellness.
- Consider assigning an officer to serve as a liaison to the family.