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**Stress is
a part of life
and everyone
experiences it.**



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Unmanaged stress contributes to numerous issues.

- Obesity
- Digestive problems
- High blood pressure
- Heart disease
- Anxiety
- Heart issues
- Memory problems
- Mental health issues
- Insomnia
- Depression
- Irritability
- Suicidal ideation

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.



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

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