



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.



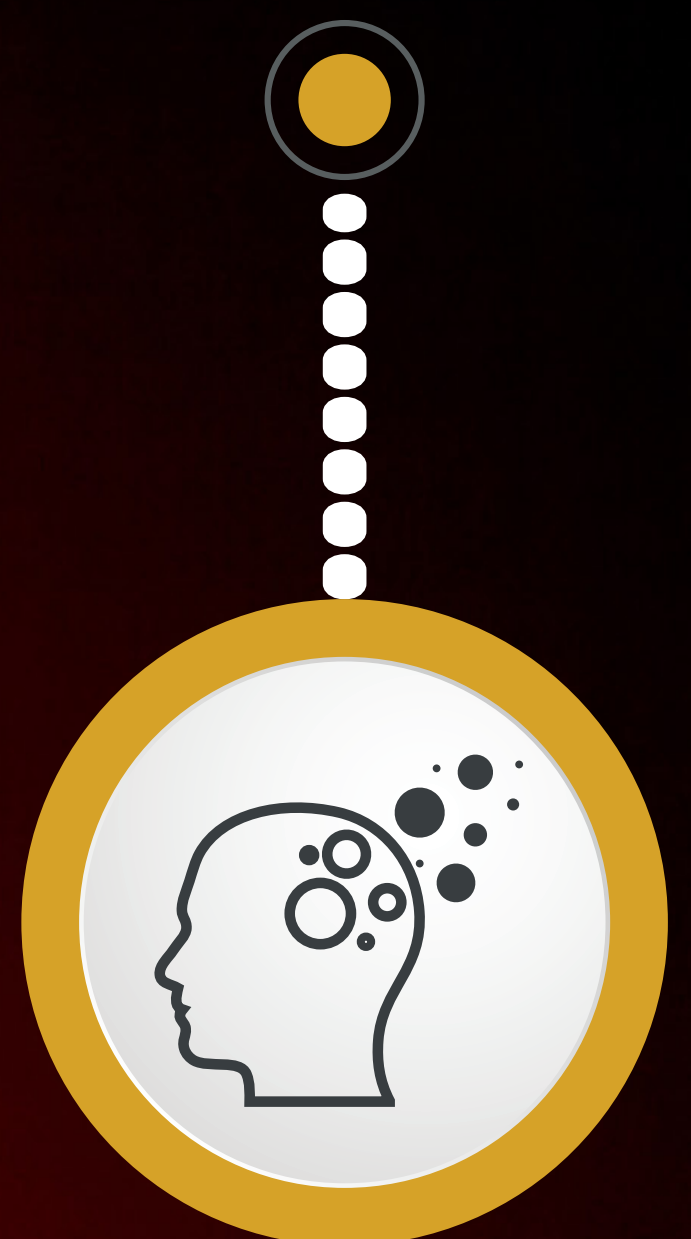
Emotional Health

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