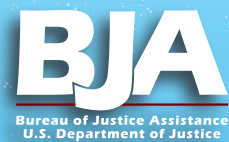


As a first responder, you may save the life of a fellow officer.

There won't always be a call for help or backup.

Learn the signs of post-traumatic stress disorder.

Know where to seek help!



This project was supported by Grant No. 2016-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's 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 (SMART). 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.

Take long-term steps to **reduce stress** and increase your health!

- ▶ Get adequate sleep
- ▶ Limit consumption of nicotine, caffeine, and alcohol
- ▶ Exercise
- ▶ Spend time with family and friends
- ▶ Practice deep breathing, yoga, or meditation
- ▶ Develop cognitive reframing techniques



Learn more at
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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.



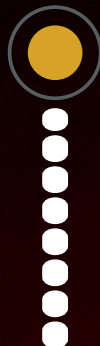
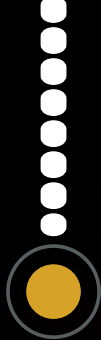
Emotional Health

- 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



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.**



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

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Some Wounds are **INVISIBLE**

Know the symptoms of **Post-Traumatic Stress Disorder (PTSD)** and how to seek help through your department-directed employee assistance program.

Mental health professionals divide the symptoms of PTSD into the following categories:*

REEXPERIENCE: Reexperiencing the traumatic event, causing intense emotional and physical distress. You may feel and act as if the event is recurring. Examples include:

- Nightmares
- Daytime flashbacks
- Unwanted memories, thoughts, images, or sensations
- Feelings of guilt or blame

AVOIDANCE: Avoiding thoughts, feelings, activities, places, and people associated with the trauma.

- Social withdrawal
- Avoiding thoughts or feelings related to the traumatic event

AROUSAL: Being constantly on guard, resulting in:

- Insomnia
- Irritability
- Feeling stressed and angry
- Difficulty concentrating
- Being easily startled

*National Institute of Mental Health, <https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/index.shtml>

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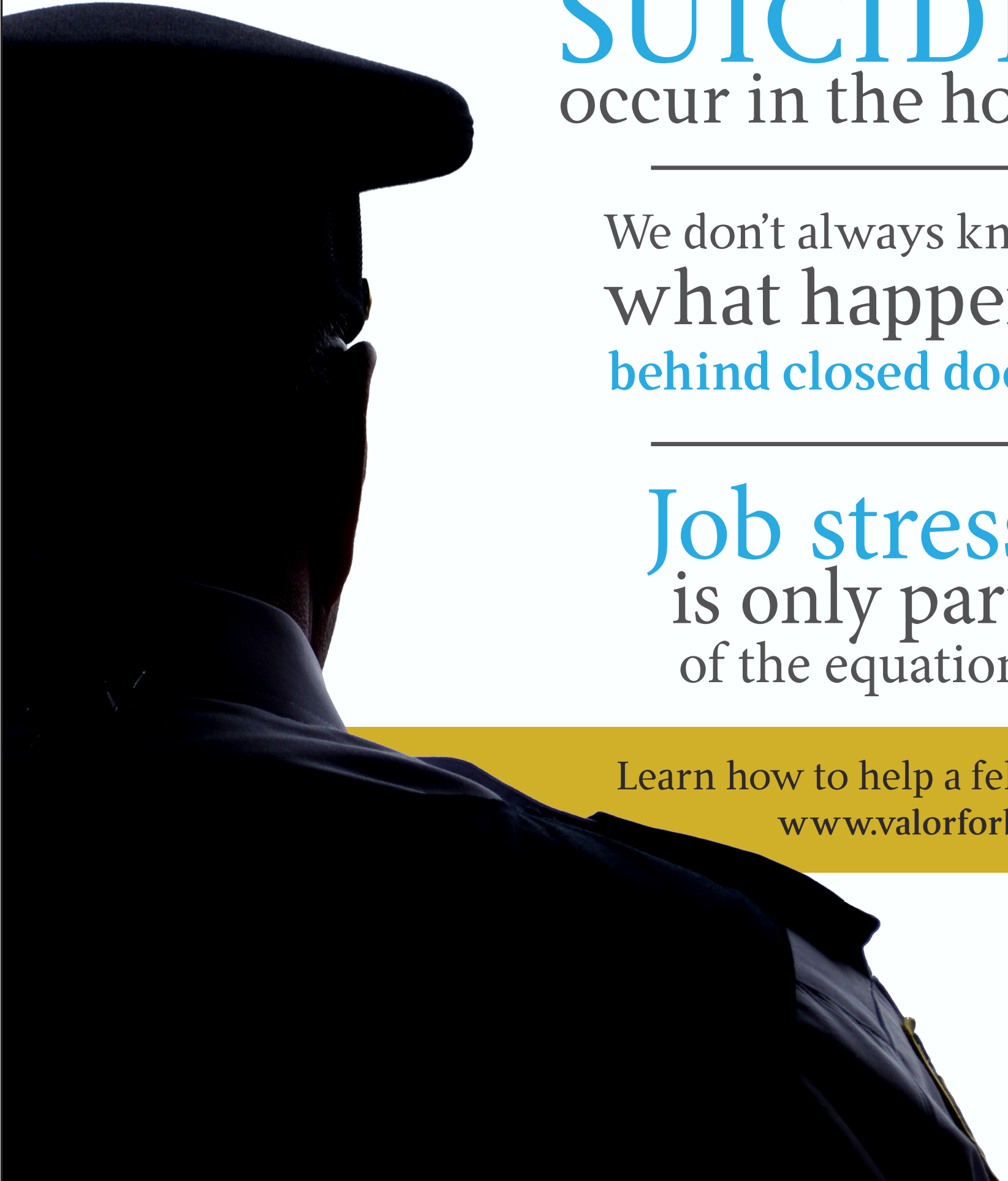
#SMASHTHESTIGMA

WHAT IS YOUR AGENCY CULTURE?
BE PART OF THE SOLUTION

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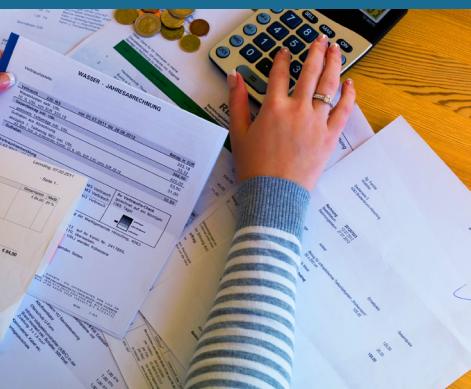


Many
law enforcement
SUICIDES
occur in the home.

We don't always know
what happens
behind closed doors.

Job stress
is only part
of the equation.

Learn how to help a fellow officer
www.valorforblue.org/s/sos



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