



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.



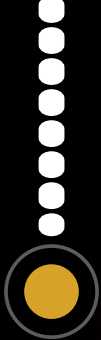
Emotional Health

- 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

