



# 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.



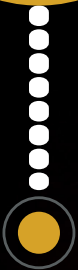
## Emotional Health

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

