



**BJA**  
Bureau of Justice Assistance  
U.S. Department of Justice

# While We Have You...



**Do you feel like** the weight of the world is on your shoulders?

Are you directing irritability toward others that may be unwarranted?



**Do not allow your stress to go unchecked!**

Stress can be the result of events on and off duty.

Recognize and be aware of the stressors you have in your personal and professional life and develop healthy coping strategies.



**If you are looking** for resources to help relieve your stress, you can get help through your Employee Assistance Program (EAP), your agency chaplain, a professional counselor, or a family physician or you can talk to a peer, friend, or supervisor.



Agency EAP:

Agency Chaplain:

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Visit [valorforblue.org](http://valorforblue.org) and [safleo.org](http://safleo.org) for additional resources on stress.

This project was supported by Grant No. 2018-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.