



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

Got a Minute?



Do you feel like the weight of the world is on your shoulders? Do you feel like you are reaching your limit?

Are you directing irritability toward others that may be unwarranted? Do you find yourself clenching your jaw or teeth?

Are you becoming excessively frustrated?



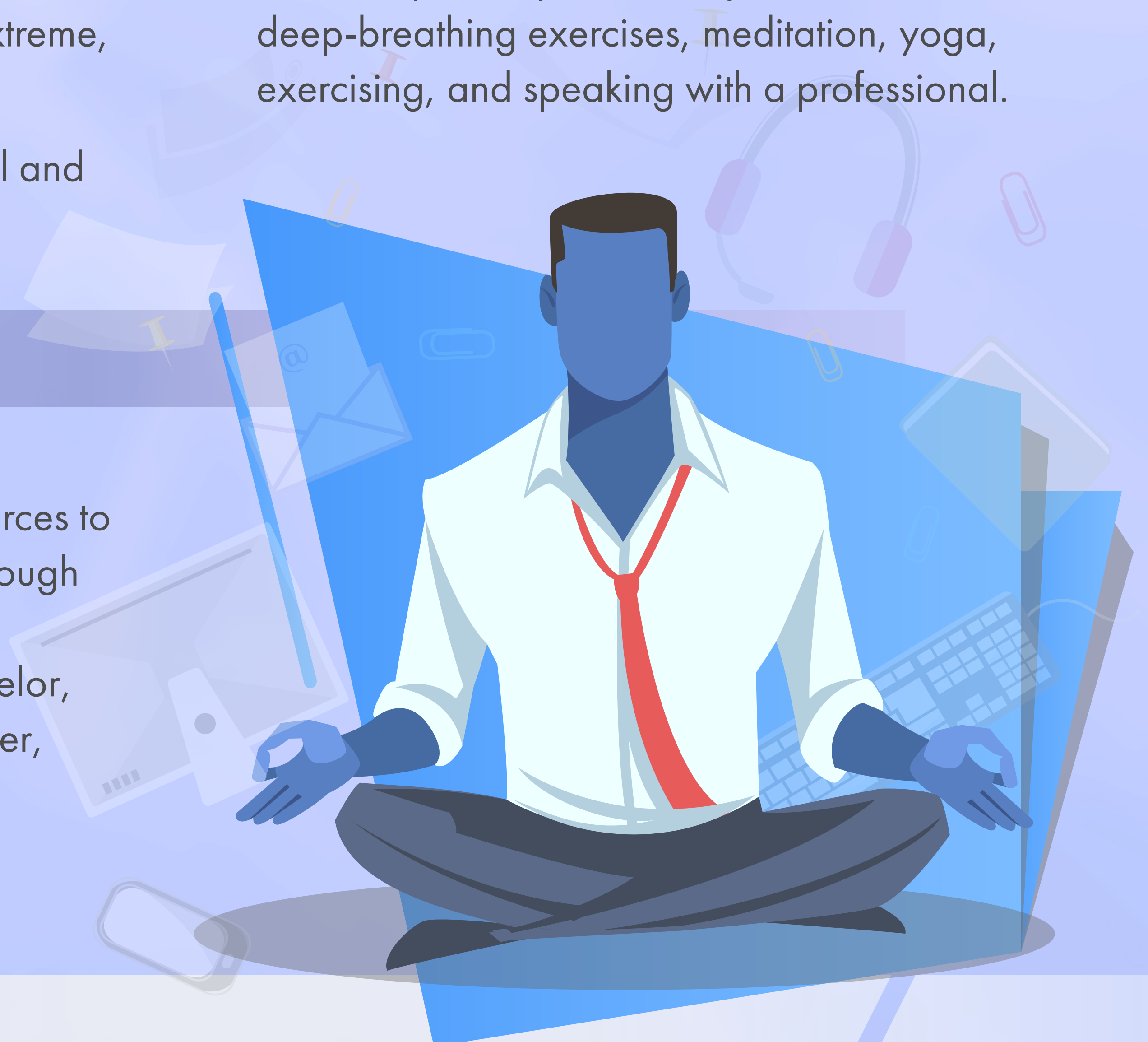
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Do not allow your stress to go unchecked.

- Stress can be the result of events on and off duty. It becomes a concern and affects your personal and professional life if it is not managed properly.
- No one is immune from stress, but for law enforcement officers, the strains and tensions experienced at work are unique, often extreme, and sometimes unavoidable.
- Too much stress can have serious physical and emotional effects.
- Stress management is critical. Recognize and be aware of the stressors you have in your personal and professional life and develop individual healthy coping strategies.
- Some helpful ways to manage stress include deep-breathing exercises, meditation, yoga, exercising, and speaking with a professional.

Resources

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 and safleo.org for additional resources on stress.

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