

Stress Management



The men and women of law enforcement encounter unique stress and health issues daily. Although these stressful situations affect the personality and mentality most have ample training for the skills they need to perform their job, but few are prepared for the personal stress they encounter.

The effects of law enforcement stress are examined regarding their impact upon the mind, body, and spirit. The focus of this course will be on the stressors most relevant to police officers, criminal investigators, and other emergency service personnel.

LLI is under the opinion that every officer has their own breaking point, we will address how to cope when others believe based on your behavior you have reached that pivotal point.

Because officers refuse to talk to others about their problems, we will address signs and symptoms of law enforcement stress.