

# Officer STRESS MANAGEMENT

## COMMON SYMPTOMS OF OFFICER STRESS

*A presence of several symptoms may suggest mild to severe stress*

1. Increased irritability
2. Marital problems
3. Distancing from family or friends
4. Alcohol or drug abuse
5. Decrease in sex drive or overindulgence
6. Lower quality of work
7. Reporting late to work
8. Increased use of sick time
9. Insomnia or excessive sleep
10. Repeated nightmares
11. Waking in cold sweat/  
Startling self-awake
12. Excessive heartburn or indigestion
13. Nausea or vomiting before or during work
14. Carelessness regarding personal safety
15. Suicidal thoughts
16. Crying for little or no reason
17. Feeling disconnected
18. Experiencing no enjoyment from doing things that used to be enjoyable

## COMMON CAUSES OF OFFICER STRESS

1. Officer-involved shooting
2. Officer witnessed shooting or other means of death
3. Abrupt changes in shift assignment
4. Horrible crime scenes
5. Senseless death
6. Family member as victim of a crime
7. Conflict with department administration or command
8. Marital problems
9. Inept supervision
10. Lack of/little debriefing post-critical incident
11. Lack of support from family or friends
12. Lack of support from administration or command

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## TIPS FOR REDUCING OFFICER STRESS

1. Get enough sleep/Regular sleep habits
2. Establish priorities
3. Keep it simple
4. Know your stress triggers
5. Have fun with your family
6. Do something good for yourself
7. Maintain supportive relationships
8. Eat a balanced diet/Moderate caffeine intake/Drink water
9. Exercise regularly
10. Laugh often
11. Treat others the way you want to be treated
12. Don't accept every project, just say no
13. Settle for "good enough" for some things
14. Don't be so hard on yourself when you make mistakes
15. Don't bring work problems home or home problems to work



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