

Symptoms of Stress in Police Officers



- *Sleeping too much or too little*
- *Marital problems*
- *Irritability or short temper*
- *Isolation, loss of interest in social activities*
- *Changes in weight or appetite*
- *Increased use of sick time*
- *Crying, depression*
- *Suicidal thoughts or plans*
- *Poor job performance*

Police Officers Prayer

Lord I ask for courage
Courage to face and Conquer my own fears...
Courage to take me Where others will not go...

I ask for strength
Strength of body to protect others And strength of spirit to
lead others...

I ask for dedication
Dedication to my job, to do it well. Dedication to my
community.
To keep it safe...

Give me Lord, concern
For others who trust me
And compassion for
those who need me...

And please Lord

Through it all
Be at my side...



MIAMI-DADE SCHOOLS POLICE DEPARTMENT

"Targeting Healthy Living"

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NATIONAL STRESS AWARENESS MONTH

The Miami-Dade Schools Police Department is concerned about the stress wellness of all of our employees, especially officers working long hours on a routine basis. Police officers are challenged with an enormous amount of emotional and physical stress.

Long hours, high demands, exposure to death, and a constant threat of danger and physical harm all result in unhealthy stress levels. Over time, this stressful state may cause serious health conditions.

Police officers encounter stressful situations daily, and without intervention, this stress builds to an unhealthy level. Untreated stress puts law enforcement officers at risk for



numerous health problems and could impair their ability to perform their job duties.

Unfortunately, many law enforcement officers attempt to hide their stress or downplay the physical and emotional symptoms of stress.

Fear of losing the trust of their fellow officers, concerns about work, and the belief that they will be seen as weak or unable to handle their work responsibilities forces them to

remain silent about their symptoms. This increases stress levels until symptoms are too severe to hide.

You should never ignore the signs and symptoms of severe stress. If you or a loved one you know may be experiencing an extreme amount of stress, contact a health professional immediately.

Prevention is the best method to maintaining a healthy stress free lifestyle.

5 Ways for Police Officers to Cope with Stress



1. At home, maintaining a proper diet, exercising regularly, getting adequate sleep, having a stable and communicative relationship with family members and friends outside of the police force, and prioritizing items of importance can help sustain a healthy home environment.

2. Remember that open communication, without fear of judgment, is essential because police stress is not going to go away. If anything, strong social support systems are important in combating personal and work-related stresses.

3. When having a stressful episode, remember to change your present state of mind by engaging in an activity that usually relaxes or puts you in a more pleasant mental state; Change internal communications from the negative to the positive - instead of rehashing what is wrong, reaffirm the things that went well or are going well in your life; find the good in a situation.

4. Departmental supervisors can help in limiting the amount of stress police officers encounter by being supportive both to the officers and their families.

5. Engaging in counseling services that provide confidentiality to help cope with the stress outside of the Department.

