



## **Police Officer Stress and How to Cope**

### **Course Summary:**

At the conclusion of this class the officers will be able to identify stressful situations and how to cope with them effectively, what type of resources are available to the officer, and assist the officers in preventing stress related illnesses. This class addresses both corrections related staff as well as street officers.

### **Performance Objectives**

Identify stressful situations and how to cope with them. Identify available resources both within and outside the department. Identify ways they can prevent stress-related illnesses.