



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



**The impact of stress can be reduced.  
Be intentional, act now, build resilience!**

Resilient officers are able to handle and deal with stress more appropriately, therefore reducing the negative consequences faced by officers and agencies.



**Emotional Health**

Social support  
Positive attitude  
Keep anger in check  
Limit negative self-talk



**Psychological Health**

Positive self-talk  
Keep a journal  
Mindfulness  
Let stuff go  
Take a break  
Seek help



**Physical Health**

Relaxation  
Deep breathing  
Yoga  
Exercise  
Adequate sleep  
Limit alcohol, caffeine,  
and nicotine  
Balanced diet  
Seek help



**Spiritual Health**

Prayer  
Meditation  
Speak with clergy  
Forgive  
Activities that bring  
you joy

