

REMEMBER YOUR **C.A.L.M.**

# PROVIDE ALTERNATIVES FOR A PEACEFUL RESOLUTION

## 5 STEPS FROM CRISIS TO CALM

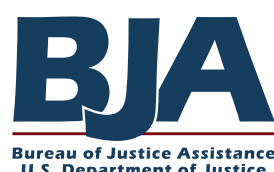
### NUMBER FIVE:

Seeking a peaceful resolution may not always be an option. However, it should always be the goal.

Project a CALM demeanor and use time to your advantage.



For more officer safety and wellness resources, visit [bja.ojp.gov](http://bja.ojp.gov).



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