

VALOR Officer Safety and Wellness Program

Digital Dispatch

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The VALOR Digital Dispatch provides officer safety and wellness-related articles, resources, upcoming VALOR trainings, and research studies to all registered VALOR Web Portal members. Share this email with others in the law enforcement community. Previous issues of the Digital Dispatch are also available on www.valorforblue.org.

Access to articles and training resources may require logging in to your VALOR account. Law enforcement officers may sign up for a [VALOR account](#).

SHOWCASE

Spotlight on Safety



The Bureau of Justice Assistance (BJA) VALOR Program is highlighting the Spotlight on Safety series, [Mitigating the Negative Effects of Stress](#). This series promotes officer wellness through stress reduction.

Mindfulness

[Mindfulness Techniques to Combat Stress: A Personal Experience](#)

Mike Hardee felt the effects of stress in his 42-year career in law enforcement. In his personal account of using mindfulness as one tool to mitigate the negative effects of stress, he hopes to help law enforcement officers start looking at stress in their lives and begin implementing methods to manage it. Mindfulness is one of many methods that works for him. [Read the article](#).

MISSION ESSENTIAL

Continue Your Education



Your continued professional development and training are critical to your safety and well-being, as well as that of your fellow officers and the community you serve. You may want to further research and explore the following topics.

Posttraumatic Stress Disorder (PTSD)

Understanding PTSD and PTSD Treatment

You can get treatment for PTSD—and it works. In this booklet, you will learn about types of treatment that are proven to help. For some people, treatment can get rid of PTSD altogether. For others, it can make symptoms less intense. Treatment also gives you the tools to manage symptoms so they do not keep you from living your life. [Read the booklet.](#)

Stress

Five Things You Should Know About Stress

Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it? Stress is how the brain and body respond to any demand. Any type of demand or stressor—such as exercise, work, school, a major life change, or a traumatic event—can be stressful. Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help. Here are five things you should know about stress: [Read the article.](#)

SPOTLIGHT ON SAFETY Featured Posters

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, Being open to feedback, and a regular self-talk.

Physical Health: Regular exercise, Deep breathing, Yoga, Good nutrition, Adequate sleep, Limit alcohol, caffeine, and tobacco, Refrain from "junk food".

Spiritual Health: Prayer, Meditation, Spend time with family, Active listening, journaling.

Psychological Health: Positive self-talk, Develop positive mindset, Set goals, Take a break, Seek help.

Take long-term steps to reduce stress and increase your health!

- Get 5 to 8 hours of restful sleep each night.
- Develop a network of friends in which to confide.
- Limit consumption of nicotine, caffeine, and alcohol.
- Practice deep-breathing exercises, yoga, meditation, etc.
- Develop cognitive reframing techniques.
- Use medication as a means to relieve stress.

Stress is a part of life and everyone experiences it.

Agencies need to support programs that address stress and build resiliency at every stage of an officer's career. Beginning with the academy, tools for physical, mental, and emotional health should be introduced.

Ongoing in-service training to manage stress and build resiliency is a must throughout an officer's career—up to and including preparing for retirement.

Law enforcement leaders have a responsibility to serve as role models for their fellow officers.

For information on stress and building resilience, read *Mitigating the Emotional Impact of Stress on Law Enforcement*.
www.valorforblue.org

REGISTER FOR Training

Mid-Level Leadership Workshop: Fostering an Organizational Culture of Safety and Wellness

- [New Braintree, Massachusetts—October 23, 2018](#)

The Center for Task Force Training™ (CenTF) Webinar

- [Challenges in Combating the Opioid Epidemic—October 29, 2018, at 2:00 p.m. Eastern Time](#)

NEW ON valorforblue.org



[Bullet-Resistant Vest Series—Fit, Care, Wear, Prepare Episode 2—Fit](#)

In this episode, the safety squad reviews how your bullet-resistant vest should fit. Proper fit is a key component in the effectiveness of your bullet-resistant vest.

Have You Seen This?



Ordinary or Extraordinary (VALOR log-in required)

The purpose of this roll-call video is to challenge officers to reexamine their roles as law enforcement professionals. [Watch now.](#)



Casualty Care—Recommended Equipment (VALOR log-in required)

This roll-call training is designed to reduce officer injuries and deaths through discussion and demonstration of the types and placement of medical equipment that should be carried by law enforcement officers. [Watch now.](#)

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Institute for Intergovernmental Research® (IIR), Post Office Box 12729, Tallahassee, FL, 32317-2729, www.iir.com

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