

**Stress**

Facilitator Guide

**Session Overview**

Introduction and Learning Objectives	05m
Discussion – 3 Sources of Stress	10m
Discussion – Hyper-vigilance Roller Coaster	15m
Discussion – 4 Types of Stress	20m
<b>Break</b>	<b>10m</b>
Lecture – Impacts of Stress	30m
Discussion – Counteracting Stress	10m
Distribute and Discuss Book	05m
Journal Entry	05m
<b>Break / End of Session</b>	<b>10m</b>

**Total Session Time: 2 hours****Main Topics of Session:**

- *Stress and its Effects on Law Enforcement*
- *Sources of Stress*
- *Types of Stress*
- *How to Counteract Stress*

**Facilitators Needed: 1 (CR)****Location: Classroom****Materials Needed:**

- *PowerPoint – Stress*
- *Emotional Survival Book (one for each student to keep)*

**Students Should Already Have:****[THUMB DRIVE]**

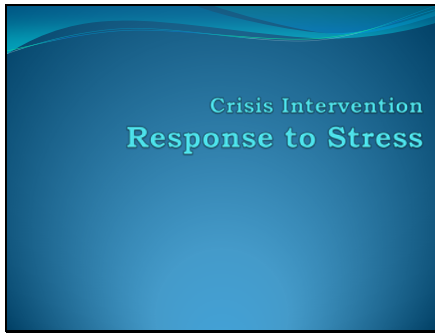
- *HANDOUT – The Hyper-Vigilance Biological Roller Coaster*
- *HANDOUT – The Missing Link Between School and Work*



**Stress**

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#1

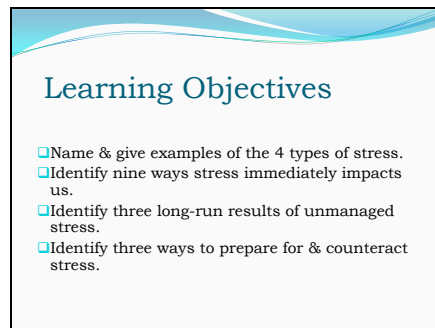
**NOTE TO FACILITATOR**

Have recruits read the following PowerPoint slide to themselves.

#2



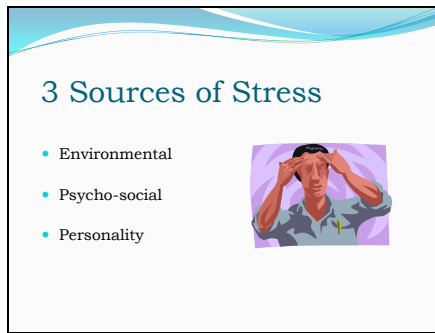
#3

**SAY TO CLASS**

Stress. A big part of this job has to deal with stress. Counteracting the stress can save your marriage, career and even your life. Today we will talk about managing your stress, counteracting your stress and recognizing your stressors.



#4

**DISCUSSION - 3 Sources of Stress**

**QTC:** What is Environmental Stress and provide some examples?

**AR:** The minor irritations and frustrations of everyday life.

Examples:

- Trying to get things done among clutter and disorganization.
- Being late for work or an appointment and then getting caught in a traffic jam.
- Being interrupted when trying to concentrate.
- Dealing with aches and pains from sitting all day in an uncomfortable patrol car.
- The quality of the air we breathe.
- The type of lighting that we have to work in and the level of noise.

**QTC:** What is Psychosocial Stress and provide some examples?

**AR:** Exhausted, feeling besieged, and simply unable to deal with the added time and energy of a long day. Feeling trapped and hopeless destroys that sense of excitement and happiness for the future that usually helps with motivation for the day.

Examples:

- Depression

**QTC:** What is Personality Stress and provide some examples?

**AR:** Your personality causes your stress.

Examples:

- Always having to win or be the best.
- Over planning.
- Inability to relax without feeling guilty.
- Compulsion to overwork.



#5

### Hyper-vigilance

➤ A law enforcement specialty for survival:

- Improved peripheral vision
- Improved hearing
- Faster reaction times
- Increased blood sugar
- Elevated heart rate
- Increased blood pressure
- A general sense of energy to meet and overcome the situation

#6

### Hyper-vigilant State

- Energetic & Witty
- Alert & Decisive
- Adrenaline-feeding

*typical range of risk*

**SAY TO CLASS**

Typical range of risk is where normal people are in their everyday life. Ex: A typical trip to the mall.

**DISCUSSION - Hyper-vigilant State**

**QTC:** Why do you think police officers cannot be in the normal range of awareness/alertness while on duty?

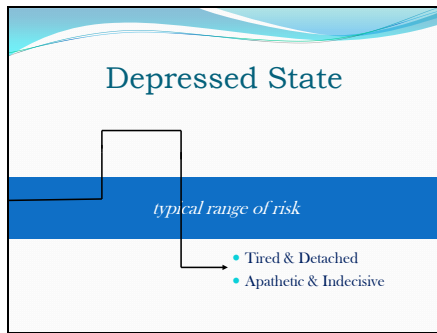
**AR:** Because officers have to be on alert and aware, more than the average citizen. The hyper vigilant state is the condition in which police officers are looking for action and ready for anything.



**Stress**

Facilitator Guide

#7

**SAY TO CLASS**

Depressed state is also known as "Condition White". This means being unaware of your surroundings, focused on a single task.

**DISCUSSION - Depressed State**

**QTC:** What type of situations would a police officer be in during the depressed state?

**AR:** When they are in the station? No - should be alert there

When they are in their patrol car? No - should be alert there

When they are at home? Maybe - officers should not be in condition white at any time while on duty and most rarely find themselves there even at home

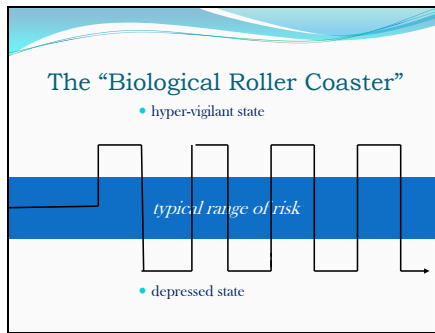
**SAY TO CLASS**

When you get home and all you want to do is sit in your favorite chair and relax. You are either watching TV or thinking about the day's activities. You are not focusing on your family or other important things in your life that need your attention. Running at the extreme level for 10-12 hours, mentally and physically takes its toll.

In order to maintain a healthy balance, it is important to participate at home as much as you do at work. Although it may not be easy to find the energy, make sure to be a part of normal activities with family and friends. Those relationships need to stay as strong as your focus at work.



#8

**SAY TO CLASS**

Hyper-vigilance, necessary for street survival, all the same, creates destructive stress.

**DISCUSSION - The "Biological Roller Coaster"**

**QTC:** How does this create destructive stress?

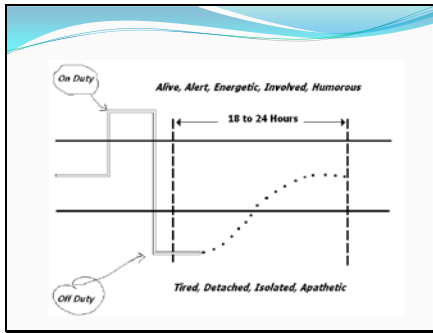
**AR:** Because the officers do not get back into a normal range of risk.



**Stress**

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#9

**SAY TO CLASS**

The black lines in the middle are the normal levels. You can see the on duty officer is at a very high level. When he/she gets home it drops way below the normal level. It takes 18 to 24 hours to get back to the normal level. How many hours of sleep do you get a night? You likely do not get 18-24 hours.

**STUDY****STUDY MATERIAL - HANDOUT - The Hyper-Vigilance Roller Coaster**

Instructions: The info in this handout will be testable. Please make sure to read it and learn it. You will also need to know it for the mock scenes in the next Module.




# Stress

## Facilitator Guide

#10

### Four Types of Stress



- Acute
- Chronic
- Accumulative
- Delayed

#11

### Examples

- Gun in your face
- Contacting the same suspect night after night
- Problems with work, finances, spouse, & kids
- PTSD



### DISCUSSION - Four Types of Stress

- Acute - Gun in your face
- Chronic - Contacting the same suspect night after night
- Accumulative - Problems with work, finances, spouse and kids
- Delayed - PTSD

**BREAK**




**Stress**

## Facilitator Guide

#12

**Immediate Impacts on the Brain**

- 1) less logical and rational thinking
- 2) less ability to concentrate
- 3) initiates body responses
- 4) disassociation ... out of body sensation
- 5) memory block for 24-48 hours, usually



**DISCUSSION - Immediate Impacts on the Brain, Body and Behavior**

- Less logical and rational thinking
- Less ability to concentrate
- Initiates body responses
- Dissociation - out of body sensation
- Memory block for 24-48 hours

#13

**Immediate Impacts on the Body**


- 1) adrenaline dump
- 2) higher heart rate
- 3) higher b.p.
- 4) faster respiration
- 5) more muscle tension
- 6) blood pools around vital organs



#14

**Immediate Impacts on the Body**

- 7) slowed digestive activity
- 8) decreased fine motor skills
- 9) say goodbye to bowel & bladder control
- 10) tachypsychia: "Slow motion"
- 11) tunnel vision
- 12) auditory exclusion
- 13) auditory distortion


**DISCUSSION - Impacts on the Body**

- Adrenaline dump
- Higher heart rate
- Higher blood pressure
- Faster respiration
- More muscle tension
- Blood pools around vital organs
- Slowed digestive activity
- Decreased fine motor skills
- Say good-bye to bowel and bladder control
- Tachypsychia - slow motion
- Tunnel vision
- Auditory exclusion
- Auditory distortion



**Stress**

## Facilitator Guide

#15

**Immediate Impacts on Behavior**

A person may:

- 1) become task oriented
- 2) whirl around in a frenzy
- 3) cower in fear & panic
- 4) violently act out in anger
- 5) deny the situation

**DISCUSSION - Impacts on Behavior**

A person may become:

- Task oriented
- Whirl around in frenzy
- Cower in fear & panic
- Violently act out in anger
- Deny the situation

#16

**Long-run Results of Unmanaged Stress**

- Being an out-of-touch spouse
- Being an ineffective parent
- Straining other relationships
- Being a "burnt-out cop"
- Abusing substances
- Committing suicide
- Dying early
- Suicide

**DISCUSSION - Long-term results of unmanaged stress**

- Being an out-of-touch spouse
- Being an ineffective parent
- Straining other relationships
- Being a "burnt-out cop"
- Abusing substances
- Dying early
- Suicide



**Stress**

## Facilitator Guide

#17

**Preparing for Stress**

- Train until the muscle remembers
- Image
- Be physically fit – nutrition; strength; endurance; flexibility; alertness.
- Live below your means.

#18

**Sleep**

- 30" minimum (as in a nap)
- must be uninterrupted
- dark room = maximum value
- Caffeine = temporary aid if a tolerance isn't already present
- Nicotine = no value
- Try to get at least 8 hrs to recharge fully

#19

**Sleep Deprivation & Peak Performance**

- 20 physically demanding days with:
- ✓ 7 hrs./day = 87%
  - ✓ 6 hrs./day = 50%
  - ✓ 5 hrs./day = 28%
  - ✓ 4 hrs./day = 15%

*24 hours without sleep = drunk*

**DISCUSSION - Preparing for Stress**

- Train until muscle remembers
- Image
- Be physically fit - nutrition, strength, endurance, flexibility, alertness
- Live below your means
- 30 minute nap
  - Must be uninterrupted
  - Dark room = max value
  - Caffeine = temporary aid if a tolerance isn't already present
  - Nicotine = no value
  - Try to get at least 8 hrs to fully recharge
- 20 physically demanding days with
  - 7 hrs/day = 87%
  - 6hrs/day = 50%
  - 5hrs/day = 28%
  - 4hrs/day = 15%
  - 24 hours without sleep = drunk



**Stress**

## Facilitator Guide

#20

**Counteracting Stress**

- Talk.
- Live outside the “blue” world.
- Take your vacation time.
- Self-monitor.
- Balance your life.
- Train (mental and physical)

#21

**Counteracting Stress**

- **LIVE BELOW YOUR MEANS!**
  - This means don't go out and buy a new car, boat, house, or any new toys while on probation
  - Also means don't count on overtime or an off-duty job as your normal wage

**DISCUSSION - Counteracting Stress**

- Talk
- Live outside the “blue” world
- Take your vacation time
- Self-monitor
- Balance your life
- Train (mental and physically)
- Live below your means
  - This means do not go and buy a new car, boat, house or any new toys while on probation.
  - Means do not count on overtime or an off-duty job as your normal wage.



#22

**Review**

- ✓ Name & give examples of the 4 types of stress.
- ✓ Identify nine ways stress immediately impacts us.
- ✓ Identify three long-run results of unmanaged stress.
- ✓ Identify three ways to prepare for & counteract stress.

**RESOURCE MATERIAL** - Emotional Survival Book

Instructions: This book is yours to keep. Your close family might also benefit from reading it.

**SAY TO CLASS**

In this session we learned that being a police officer can be stressful. The stress can adversely affect our personal lives, our professional lives and our social lives. You now understand how to recognize and counteract the stressors which will help to ensure a long, prosperous career while maintaining a healthy balance at home.

**JOURNAL ENTRY**

Time: 5 min

Instructions: Take 5 minutes and journal about how you will handle the stresses of law enforcement. What measures will you take to ensure you stay healthy and have a long, rewarding career?

**END OF SESSION**