



DIRIGO SAFETY, LLC
PUBLIC SAFETY ADVOCATES

Stress Management for HEROES

Law enforcement is noble, enjoyable....and stressful. Both chronic and acute stress, are inherent in the work law enforcement officers feel called to do, and can have serious consequences for the officer's physical, psychological and spiritual health, relationships, and long-term well-being. The stress has only intensified in recent years, but the good news is that law enforcement officers and agencies can develop the skills necessary to manage stress in healthy ways,

What Students Will Learn:

- ✓ A basic understanding of the anatomy and physiology of how the human body responds to stress.
- ✓ The effects of stress on physical, psychological, and spiritual health.
- ✓ The potential impact of stress on important relationships.
- ✓ How the management of stress can impact a career.
- ✓ Practical, useful skills for managing one's own stress.
- ✓ Skills for supporting and assisting stressed colleagues.
- ✓ Long-term, practical strategies to increase personal and departmental resilience to stress and stress-related problems.
- ✓ Resources and suggestions for beginning or enhancing your own and your department's stress-management program.



Instructor: Kate Braestrup

Maine Warden Service Chaplain, Leader of the
Maine Warden Service Critical Incident Stress
Management Team

Date: November 10, 2021

Time: 0800-1600

Location: Dirigo Safety LLC

225 First Flight Dr. Auburn, Maine, 04210

COST \$179 pp (Lunch Included)

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