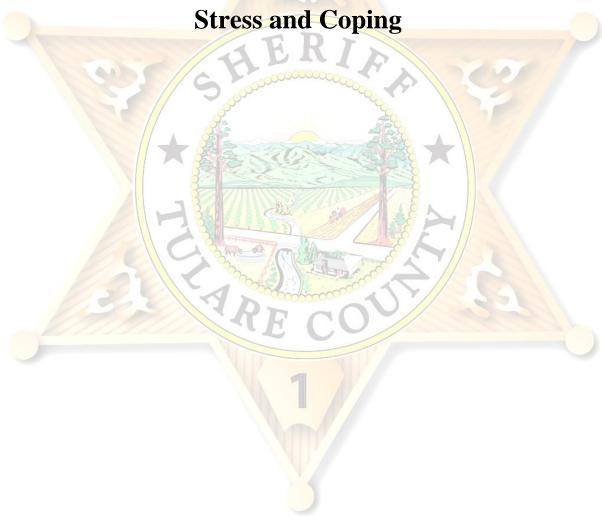
Tulare County Sheriff's Office
TRAINING CONFERENCE:
Stress and Coping
Expanded Course Outline
(2 hours) Created 01/29/2020 / C. Johnson

The Tulare County Sheriff's Office

TRAINING CONFERENCE:



I. Definition of STRESS

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- 1. What the Acronym stands for: S, T, R, E, S, S
- II. The mindset of how stress affects the body
 - 1. Motivation
- III. Short term versus long term stress
 - 1. Plateau
 - 2. Relief
 - 3. Exhaustion phase
- IV. Physiological and psychological affects
 - 1. Mind
 - 2. Body
- V. Research on stress reduction
 - 1. How to reduce stress
 - 2
- VI. Signs of burnout and stress
 - 1. Symptoms list
 - 2. Identification
- VII. Research on top stressors for law enforcement officers
 - 1. Law enforcement stressors a state of the art review
- VIII. How to deal with difficult people
 - 1. Things to NOT do
 - IX. COPING strategies
 - 1. C, O, P, E method
 - X. Language choices
 - 1. Using I, You, We

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