

The Tulare County Sheriff's Office

TRAINING CONFERENCE: Stress and Coping



I. Definition of STRESS

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

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