

Course Syllabus

Stress Management

8:00 AM to 8:10 AM Quick intro to the class.

8:10 AM to 8:20 AM Definition of stress and the toll it takes

8:20 AM to 8:30 AM Categories of LE stressors

8:30 AM to 8:40 AM Managing your stress

8:40 AM to 8:50 AM Police Suicide

8:50 AM to 9:00 AM Conclusion and Evaluation

This was designed to be a one-hour block of instruction.

The evaluation for this class is an introspective letter designed for the student to identify comprehension by thoroughly documenting their reminder of how they will take care of themselves.

The recommendation is that they scan the letter and save it to a file they may refer to regularly to remind themselves of the plan to stay above water.