



SPECIAL BULLETIN



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SUPPLEMENT BULLETIN

WORKING UNDER STRESS TIPS FOR SELF-MANAGEMENT

Police officers are periodically confronted with stressful situations. The demands of the job place an unusual amount of pressure on the police officer. These pressures can sometimes result in uncertainty and anxiety. However, there are methods to keep these feelings manageable. Here are some techniques to use when these types of situations arise.



Focus on what needs to be done to take control of a tense situation.

Be aware of the incident at hand and treat each incident separately; keep individual incidents in perspective.

Expect the levels of uncertainty and apprehension to rise at times.

Keep in mind that you can handle the situation; take a slow, deep breath and proceed one step at a time.

Understand that anxiety cannot be eliminated totally but can be kept manageable.

Be pleased with yourself and the effort you have made.