



First Responder Wellness Week



23 wellness tips for law enforcement officers in 2023

It can be challenging for officers to set time aside to keep a healthy mind and body; here's our top 23 wellness tips for you to concentrate on this year



5 things to know about wellness rooms

Here's an overview of what a wellness room is, how your officers can benefit from using one and steps your PD can take to create its own relaxing space



The social support challenge: Connect with others, even if just to vent!

Many first responders avoid connection, but connecting with and confiding in someone who cares about us is proven to reduce stress



Get into your mind so you can get out of your head

After a traumatic brain injury, I used mindfulness, meditation and breathing techniques to heal...and it helped create a more focused me

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FIRST RESPONDER WELLNESS WEEK

Every day, around the clock, our nation's first responders give it their all. The job is uniquely rewarding. It's also uniquely challenging, with physical, mental and emotional impacts.

First Responder Wellness Week is dedicated to providing resources, support and community to help public safety personnel better understand the mental and physical health risks that come with the job.

Join Lexipol, Police1 and our partners from March 27-31 to focus on your health and promote the wellness of your personnel. Each day we'll focus on a different theme, providing shift briefing videos, webinars, articles, podcasts and more.

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EMDR: 'I signed up as a skeptic. I left as a convert.'

- Mar 31, 2023

Mindfulness techniques and takeaways from an eye movement desensitization and reprocessing training course



How the Stanislaus County Sheriff's Office built an award-winning officer wellness program

In 2022, the agency received the NLEOMF's Destination Zero Officer Wellness Award - learn about the key elements of their program



But what if you can?

Countering the negative in public safety



Financial wellness is key to officer well-being

As a leader, it is your responsibility to provide resources for your officers so they can develop a high-level financial wellness plan



7 ways to unlock the stress cycle

With evidence-based strategies, you can reduce your stress and avoid burnout



5 alternatives to journaling if you don't like to write

- Mar 30, 2023

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POLICE1 TOP 5

- 1 PD releases bodycam video of officers taking down Nashville school shooter
- 2 Arkansas' oldest officer retires at 93 after nearly 65-year career
- 3 Watch: Amazon delivery driver walks through standoff scene to deliver package
- 4 Video: Man steals CHP cruiser, jumps out on highway during pursuit
- 5 Report: Conn. officer justified in trying to run down suspect while being fired upon

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