

Stress Management

Trainee Name	Date
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As you watch the video, follow along and complete the questions in this guide. You can stop the video and view a section again if needed. The goal is for you to complete this guide and then discuss the material with your designated agency trainer or facilitator.

In the scenario of the conversation between the father and son, list at least two actions the son could take to improve his situation.

Critical incidents may bring about seemingly abnormal reactions. They are often normal reactions to an abnormal event.

True _____ False _____

Getting enough sleep is not critical to maintaining good health.

True _____ False _____

Some of the physical symptoms of stress include headache, stomach ache, and fatigue.

True _____ False _____

List at least two possible emotional, cognitive or behavioral symptoms that may indicate stress.



From the conversation between the sergeant and the officer regarding the officer's change in work performance, describe at least one action the sergeant took to assist the officer or to make the officer more comfortable speaking about the issue.

Most Employee Assistance Program (EAP) counseling services are confidential. Simply verify before using.

True _____ False _____

If the style of a particular therapist does not seem to meet the needs of the officer, it is perfectly acceptable to seek a different therapist.

True _____ False _____

In the scenario where the two officers talk about an officer suicide call they responded to six months prior, describe at least three things the officer who was having difficulty could do.

Dispatch personnel should be included in all major incident debriefings.

True _____ False _____

What is your agency policy on debriefing personnel following a major incident?

