



EMOTIONAL SURVIVAL

THE 24/7 REALITIES OF WORKING IN LAW ENFORCEMENT

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Law enforcement is not a job. It's a life...and not an easy one. It's laced with unique, intense stress that can seem endless, and at times, overwhelming. If you're not "training" to navigate the emotional rollercoaster and creating a plan to survive the ride, the result can be—as we've all seen—tragic.

This candid, extremely practical course can literally be a lifesaver. Calibre Press Senior Instructor Liam Duggan explores the root causes—some obvious, some not so obvious—of stress on and off the job, help you develop skills to recognize when stress may be creeping too far over the line in your life and arm you with strategies to regain control and get back in a healthy track.

This course will help you:

- **The statistical and alarming reality of how many police officers die early from suicide and heart attacks**
- **Effectively steel yourself for the inevitability of witnessing tragedy and suffering...an unavoidable part of policing.**
- **Cope with & control anger in realistic and sustainable ways.**
- **Actively build—and protect—a healthy work/life balance.**
- **Understand the dark currents of suicide and learn life changes you can make to avoid them.**
- **Learn powerful things you can do that will help others emotionally and in turn, help yourself.**
- **Recognize the interplay between physical, emotional and mental health and make sure all three areas are solid in your life.**
- **Confront the realities of the emotional aftermath of taking a life and prepare yourself to survive the "second round"—the psychological battle—involved in most fatal encounters.**