

## 1: Serious Health Risks Among Police Officers Due To Stress

*Stress related disorders in policemen. [William D Haynes] -- Designs for stress research are discussed and the nature of police work and stress-related disorders in officers are considered. Means for relieving stress and stress-related disorders are described.*

Every day, they risk their lives to keep the peace and protect our neighborhoods from criminals. Due to the stressful nature of their occupations, law enforcement officers need better access to mental health services to improve their health and help alleviate the anxiety that is a byproduct of their jobs. Police work is stressful, dangerous and often stigmatized leading to a variety of physical and mental health problems among officers. It is our responsibility and honor, as Congress, to help protect our men and women in blue. So we passed legislation directing the Department of Justice, in consultation with the Department of Defense and the Department of Veterans Affairs, to develop resources to equip local law enforcement agencies to address mental health challenges faced by officers. Police work is stressful, dangerous and often stigmatized. On a daily basis, any officer might come face to face with the worst humankind has to offer. They must make split second decisions between life and death while margins for error are slim and unforgiving. Did you know that almost 1 in 4 police officers has thoughts of suicide at some point in their life? In fact, more police officers die by suicide than by homicide <sup>2</sup>. The ugly truth for our men and women in blue is that their mental deterioration is dismissed as an unalarming byproduct of their job. Research has shown time and again that police officer occupational stress is directly related to higher rates of heart disease, divorce, sick days taken, alcohol abuse, and major psychological illnesses such as acute stress disorder, post-traumatic stress disorder, depression, and anxiety disorder. To add further insult to injury, many police officers face a culture of silence and disregard when it comes to mental health challenges. This needs to change. The Law Enforcement Mental Health and Wellness Act This legislation directs the Department of Justice, in consultation with the Department of Defense and the Department of Veterans Affairs, to develop resources to equip local law enforcement agencies to address mental health challenges faced by officers. It also makes grants available to initiate peer mentoring pilot programs, develop training for mental health providers specific to law enforcement mental health needs, and support law enforcement officers by studying the effectiveness of crisis hotlines and annual mental health checks. These programs have proved to have significant, and successful results. The Law Enforcement Mental Health and Wellness Act further supports our police men and women by providing the necessary resources to address the serious challenges many officers face as a result of their job. We are proud to stand behind our men and women in blue. It is our responsibility and honor to help protect those who protect us all. Like what you read? Why not share it with your friends and family? Want to stay ahead on all things Capitol Hill? Sign up to receive updates directly to your inbox.

### 2: Stress related disorders in policemen / William D. Haynes | National Library of Australia

*The pressures of law enforcement put officers at risk for high blood pressure, insomnia, increased levels of destructive stress hormones, heart problems, post-traumatic stress disorder (PTSD) and.*

However, many anxious persons cannot concentrate enough to use such strategies effectively for acute relief. Relationships identified for support, help, reassurance Removal from or of the threat or stressor; managing the stimulus. Relaxation through techniques such as meditation, massage, breathing exercises, or imagery. Re-engagement through managed re-exposure and desensitization. Defense mechanism Defense mechanisms are behavior patterns primarily concerned with protecting ego. Presumably the process is unconscious and the aim is to fool oneself. It is intra psychic processes serving to provide relief from emotional conflict and anxiety. Conscious efforts are frequently made for the same reasons, but true defense mechanisms are unconscious. Some of the common defense mechanisms are: Summary[ edit ] The major function of these psychological defenses is to prevent the experiencing of painful emotions. There are several major problems with their use. Many of these defenses create new problems that are as bad, or worse, than the emotional problems they mask. Some may be just plain destructive. And this prevents them from dealing with their problems in a constructive way. These defenses do not get rid of the painful feelings. Emotions are discharged through expression, so by denying themselves the chance to feel them, they also deny themselves the ability to get rid of them. These defenses do not just screen out painful emotions. They are, in fact, defenses against all emotion. These defenses are not perfect. As more and more hurt is stored away, a tension is developed. Person becomes increasingly anxious, nervous, and irritable. They become emotionally unpredictable. And when defenses weaken, as they will from time to time, person may experience emotional explosions. These defenses prevent person from knowing what is wrong, but they do not prevent us from feeling bad. Stress as in clinical medicine[ edit ] Acute stress disorder[ edit ] Acute stress disorder occurs in individuals without any other apparent psychiatric disorder, in response to exceptional physical or psychological stress. While severe, such reactions usually subside within hours or days. The stress may be an overwhelming traumatic experience e. Individual vulnerability and coping capacity play a role in the occurrence and severity of acute stress reactions, as evidenced by the fact that not all people exposed to exceptional stress develop symptoms. However, an acute stress disorder falls under the class of an anxiety disorder. Symptoms[ edit ] Symptoms show considerable variation but usually include: An initial state of "DAZE" with some constriction of the field of consciousness and narrowing of attention, inability to comprehend stimuli, disorientation. Followed either by further withdrawal from the surrounding situation to the extent of a dissociative stupor or by agitating and over activity. Autonomic signs of "panic anxiety"[ edit ] The signs are: The symptoms usually appear within minutes of the impact of the stressful stimulus and disappear within 2â€”3 days. Post-traumatic stress disorder PTSD [ edit ].

## 3: Police and Stress | | Blogs | CDC

*Haynes, William D. , Stress related disorders in policemen / William D. Haynes R. & E. Research Associates San Francisco, Calif Wikipedia Citation Please see Wikipedia's template documentation for further citation fields that may be required.*

On both ends of this spectrum it is likely that the individuals involved are suffering in one way or another. The unfortunate fact is that police officers spend an above average amount of time around pain, suffering and sadness. The constant possibility of being injured or worse by criminals is something that can weigh heavily on the mind of a police officer and cause a great deal of stress. The responsibility of protecting the lives of citizens Whilst police officers may seem like bastions of strength and stability to members of the public, the responsibility of being our first line of defense is not one that can be taken lightly. The stress of this responsibility can sometimes amount to too much for some members of the police force. Wanting to protect people is a noble goal, but shouldering that responsibility can be a source of great strain to some. Having to be in control of emotions even when provoked Stoicism and the ability not to rise to provocation are just two of the many emotional skills that police officers must employ on a regular basis. Often coming into contact with hostile and inflammatory individuals, police officers have to repress and restrain a number of natural emotional responses that might occur in these situations. The continual effort to smother these emotional responses can be very stressful in the long term. The inconclusive nature of police work Whilst many investigations are opened and closed in a satisfying manner, an unfortunate number of police cases are left unfinished or with insufficient evidence to continue. This can be a cause of great disappointment to the officers that have put so many working hours into a particular case, and many law enforcement officials find it difficult to move on from emotional cases. These switches from mundane desk work to faster paced police work never fully allow their minds to be at rest, and have been highlighted as a source of stress for police officers. The responsibility of owning a firearm or weapon The responsibility of owning a gun or other harmful weapon can be something that weighs heavily on the minds of active police officers. It is not uncommon for police officers experiencing high levels of stress to cite the thought of keeping a weapon within their family home as a contributing factor. The constant worry that their children might find and misuse it is often the primary concern. Some officers have also remarked that they feel bouts of anxiety and stress when without their firearms, having grown to depend on the security that having a weapon close by can give them. There has been an increasing level of awareness in the industry regarding the stress that officers are required to manage. A number of detailed studies have helped to quantify the prevalence of police officer stress issues. The key contributing factors that were repeatedly cited were not actually factors specific to the act of policing like danger or self imposed responsibility complexes. Those survey-takers who scored highly when responding to occupational stressors, also scored equally as high on the personal stressor questions. This suggests that those who were suffering from stress at work are generally more stress-prone. However, this does not fully account for the incredibly high stress levels seen among police officers. The survey found a significant association between poor mental health, high levels of stress and gender. It was found that females working within the police force were far more likely to score highly on stress indicators than their male counterparts. This can be linked back to the issue of female police officers and the question of whether they are put under more stress when acting as an authority figure. This is particularly important in what is still a relatively patriarchal work environment. The Difference Between Stress and Trauma When considering stress and mental health issues within the police force, it is vital to learn and be aware of the distinction between stress and trauma. There are a number of adjectives that we can use for an individual who is under some form of stress, and learning the differences between them help us to avoid misdiagnosis and of those who may be suffering. Stress Stress is a natural response that can occur in absolutely any occupation and at absolutely any age. Stress happens to a person at varying levels, and some low-level stress can actually be a positive thing. It is the kind of stress that spurs a person on to further achievement. Bad stress, on the other hand, can arise from negative experiences in the work place or at home, evoking a sense of foreboding and hopelessness in

association with certain activities or places. Negative stress can be managed through a number of different methods. These include diet, exercise, mind-body techniques and much more. Trauma The experience termed as trauma holds very little resemblance to stress, yet the two words are continually grouped together with the thought that they represent the same symptoms and causes. Unlike stress, a regime of diet change, exercise or lifestyle change cannot help a person recover from an incident of emotional trauma. Real damage is done to the brain in these instances. Unlike most other forms of stress, trauma can lead to serious conclusions like suicide. Whereas stress can be termed as build-up of smaller factors, trauma relates to a critical incident or set of incidents that are large enough to have a significant and immediate impact on an individual. Stress and trauma are related in the ways that they affect a person emotionally, but differ in the ways they manifest and occur. When talking about stress, think about an amalgamation of not getting on with a superior, your patrol car not being serviced, having to work overtime and being denied holiday dates. These are things that can be rectified through proper channels that will hopefully relieve the feelings of stress in a natural way. These are events that cannot be eradicated by professional procedure and need more dedicated mental health support. Both stress and trauma are everyday occurrences within the police force. The better educated that people are about the difference between the two, the more effectively the issues surrounding them can be resolved. The important thing to remember is that stress happens, whereas trauma happens to you. Symptoms of Police Stress Working in an occupation that poses such a high risk of stress-related problems, individuals that work in the police force can show a number of varied and differing physical symptoms, as well as behavioral changes. These symptoms include but are not limited to: Fatigue The profession of a police officer can often involve long hours. This will naturally cause tiredness, but fatigue is also one of the classic signs of a stress-related condition. This involves the release of adrenaline and cortisol, an increase in heart rate, plus changes in muscle tension and blood vessel constriction. Over time, repeated stressful situations can lead to adrenal exhaustion and long term fatigue. Insomnia and Restlessness The continue effects of stress on the body can cause changes to sleeping patterns. As the body continually reacts to stressful situations, the natural daily cortisol cycle can be disrupted. In a job that requires as much alertness and concentration as that of a police officer, getting satisfactory rest is vital for both physical and emotional well-being. Restlessness and insomnia can develop into a vicious cycle, leaving an individual never fully rested and never able to relax and recharge. Lowered sex drive A loss of libido and sexual desire is often be linked to periods of chronic stress, and the private lives of police officers can sometimes suffer as a result. Continuous exposure to stressful situations can lead to a long term lowering in sex hormone levels. Drinking too much It is a cultural tendency and tradition to have a glass of wine or beer at the end of the working day to help you unwind and relax. In stressful jobs like law enforcement, this can quickly develop into a more serious habit. Stress Management for Police Officers Stress is by no means permanent, and it can be managed or reduced through a number of effective methods. Stress can be tackled both on a personal level and at an organizational level. Personal Stress Management Try to avoid using alcohol, nicotine and caffeine as coping mechanisms in an attempt to ease the stress. The effects that these substances have on the body will not help to reduce the symptoms but ultimately contribute to them. Engaging in an all round healthier lifestyle is a good way to begin reducing stress. A better diet and more exercise will improve the resilience of your body and mind to stressful situations. Do not be afraid to say no. A high pressure job such law enforcement often involves employees taking on an even higher workload than their brief states. The fear of letting somebody down or disappointing can lead to people taking on way too much all at once. Knowing your limits and not being afraid to turn down potentially stress-inducing extra tasks is vital to maintaining a healthy balance. Try to avoid any unnecessary conflict both at home and in the work environment. Rather than trying to win unwinnable arguments, seek a solution that is amiable for both parties and move on with your day. Wasting precious energy on trivial matters is bound to cause unneeded stress. Organizational Stress Management A better allocation of financial resources within the police department can often go a long way to easing the working stresses of some employees. More funding in deprived sectors can ease workloads and make the working environment a more relaxed and enjoyable place to be, therefore reducing stress levels. Department leaders should produce a written plan detailing their efforts to manage workplace stress. This plan, even if all changes are not effected immediately, will show stressed

officers that improvements in their work environment are forthcoming. Upgrading the resources and facilities of police training academies will help to ease new recruits into the real world of policing. A sense of continuity and familiarity will help to make the transition as easy and seamless as possible, meaning that stress levels for the new generation of police officers will be lower from day one. Not all officers have the same mentality and personality. Finding a post that suits their personality will help to eradicate any work-based stress that they may encounter.

### 4: DSM-5 Changes: PTSD, Trauma & Stress-Related Disorders | Psych Central Professional

*Stress Related Disorders in Policemen* by William D. Haynes starting at \$ *Stress Related Disorders in Policemen* has 1 available editions to buy at Alibris.

Messenger Policing is undoubtedly a stressful occupation, with officers often facing potentially traumatic situations. They may be exposed to disaster, hostage situations, sexual and physical assaults, shootings, mutilations and death, or face threats to their life. As a result, police and emergency services workers have elevated rates of post-traumatic stress disorder PTSD, depression and suicidal thoughts and actions. How common is PTSD? PTSD is a serious mental health condition that may develop following potentially traumatic experiences. In some professions, such as policing, PTSD is characteristically accompanied by rage and alcohol abuse. For any person on the road to recovery from trauma exposure, the key factors are stability and safety. With timely treatment, PTSD is a temporary and manageable condition. Each individual interviewed reported multiple exposures to suicides, homicides, mutilation, dismembered body parts, family homicides and corpses of children and infants. The ex-officers were visibly distressed, even when recounting incidents from more than a decade ago. It can be difficult to discern where the responsibility for mental health sits. All parties involved in the Four Corners case studies, from the individuals to the policing organisations and the insurance companies, failed to seek or provide adequate support and created circumstances that made the problem worse. There are three plausible reasons for this pattern: It is the job of insurance companies to protect their own interests and to detect those who fall into the second category. However, an ethical compensation system must deliver timely and warranted assessment and outcomes for claims in a way that protects those who are distressed and psychologically unwell. The common features of each case highlighted by Four Corners were an awareness there was a problem, lack of support for treatment from the organisation, but also a lack of independent treatment seeking or personal responsibility for health and well-being. Reducing stigma and removing individual barriers to seeking treatment is crucial for early intervention, treatment and ultimately recovery and health. People who are proactive about seeking timely treatment have far better outcomes than those who hide symptoms and self-medicate for years or decades. The first step towards reducing barriers to seeking treatment and instigating cultural change is a multi-level, organisation-wide program of education for law-enforcement agencies. This requires a supportive framework in which officers are instructed, from recruit school and throughout their careers, about chronic stress, mental health and how to be robust officers. This should include PTSD-prevention strategies, as well as those to normalise the practice of seeking treatment. Such programs have been trialled in recruit schools at the Department of Fire and Emergency Services in Western Australia and the Queensland Police Service, with promising results. Open discussion of stress, resilience and mental strength from day one in a high-risk profession, as well as struggles and avenues for support, is a clear pathway to cultural change. For crisis or suicide prevention support, please call Lifeline on 13 11 14 or visit [www.lifeline.org.au](http://www.lifeline.org.au).

## 5: Stress-related disorders - Wikipedia

*This NIOSH study of police officers examines population level associations between police stress and early health effects related to the cardiovascular system, and cannot make predictions about health outcomes for an individual.*

Baughman, PhD; Tara A. The BCOPS study is an investigation of the early or subclinical health consequences of stress in police officers and examines associations between a variety of officer exposures and outcomes including stress, shift work, traumatic incidents, lifestyle factors, stress biomarkers, body measures, and subclinical metabolic and cardiovascular disease. Prior studies have found police officers to be at increased risk for cardiovascular events<sup>1</sup> and suicide. The introduction to the special issue emphasizes that although policing is a psychologically stressful work environment, filled with danger, high demands, ambiguity in work encounters, human misery, and exposure to death, its influences on the psychological well-being and physical health of officers needs further research. A total of police officers participated in the study which involved questionnaires measuring demographic, lifestyle, and psychological factors, DEXA measurements to record bone density and body composition, ultrasounds of the brachial and carotid arteries, 18 salivary cortisol samples throughout the day and in response to a series of challenges, and blood samples. A unique feature of this study is the utilization of both objective sleep quality measures obtained by an actigraph—“an electronic device that measures the quantity and quality of sleep and daily work history records which date back to These measures allowed researchers to assess the effects of shift work and extended work hours on officer stress and fatigue, and examine the effects of work-related stress and fatigue on cardiovascular and metabolic disease risk. Preliminary research findings were summarized in a blog. A brief overview of the research featured in the special issue focusing on stress and health in law enforcement follows. Health Disparities Do health disparities exist for groups strongly influenced by the context of their occupation? Officers were nearly four times more likely to sleep less than six hours in a hour period than the employed population Compared to officers with the lowest perceived stress, female officers with the highest levels of perceived stress were nearly four times more likely and male officers were nearly six times more likely to have poor sleep quality. Stress and Metabolic Syndrome Police stress, particularly administrative and organizational pressure and lack of support, was associated with metabolic syndrome among female, but not male BCOPS study officers. Of the five metabolic syndrome components abdominal obesity, hypertension, reduced high density lipoprotein cholesterol [HDL-C], elevated triglycerides, and glucose intolerance , abdominal obesity and reduced HDL-C levels were consistently associated with police stress in women. Obesity and Depression Associations were studied between measures of obesity body mass index [BMI], abdominal height, and waist circumference and depressive symptoms in officers. In men, depression symptoms significantly increased with increasing levels of BMI and abdominal height. No significant associations were found in women. Sleep Quality and Depression Sleep quality was significantly and independently associated with depressive symptoms, with sleep quality decreasing with increasing depressive symptoms. Suicide Risk Previous research indicates that the majority of suicides in working officers occur near retirement eligibility. The notion that retired officers are more likely to commit suicide was examined using employment, retirement, and mortality records for a larger group of Buffalo police officers who worked for five years or more between and Suicide rates were 8. Cancer Risk Records for the officers who worked between and were later matched with cancer registry records. Among white male officers, Their overall cancer risk was similar to that of the U. The risk of brain cancer was slightly elevated and was significantly increased for officers with 30 or more years of police service. Conclusion The results presented in the special issue confirm and extend previous research on police officers. The BCOPS study offers useful information on associations between exposures and outcomes at a point in time. Yet, in an ongoing follow-up study with this same group of police officers, we will confirm if these observed relationships are likely to be causal, that is do earlier exposures to stress and shift work lead to changes in health outcomes over time. Additional recommended publications are also available on shift work, sleep, stress, post-traumatic stress disorder, depressive symptoms, early evidence of cardiovascular disease, bone mineral density, lung function, and physical activity. Hartley is an Epidemiologist in the Biostatistics and

## **STRESS RELATED DISORDERS IN POLICEMEN pdf**

Epidemiology Branch. Cardiovascular disease and risk factors in law enforcement personnel: *Cardiol Rev* 2014; 4: Frequency and officer profiles. Suicide and law enforcement pp. Posted on August 13, by Penelope J.

### 6: One in five police officers are at risk of PTSD – here's how we need to respond

*The current survey was designed to measure the levels of depression, anxiety and stress in police officers of the Khyber Pakhtunkhwa province of Pakistan as no such study existed earlier which could have measured the mental health of the understudied police officers.*

By the nature of their jobs, many police officers face tremendous stress on a daily basis. Research has shown that police officers are at increased risk for cardiovascular events and may face an increased risk for suicide. Yet, police officers are in general an understudied occupational group. The National Institute for Occupational Safety and Health NIOSH, together with colleagues at the University at Buffalo UB, is studying the effects of policing and stress on adverse metabolic and early stage subclinical cardiovascular outcomes with the ultimate goal of preventing these and other stress-related disorders. The clinical examination includes a series of questionnaires, which measure demographic, lifestyle, and psychological factors. Upon completion of the clinical exam, officers are given an actigraph, a small electronic device that resembles a wrist watch, to wear over the next 15 days that measures the quantity and quality of sleep throughout their typical police shift cycle. Department of Justice have extended the BCOPS Study by measuring police officer fatigue and the impact of fatigue on officer health and performance. A unique feature of this study is the utilization of both objective sleep quality measures obtained by the actigraph and daily work history records which date back to These measures will allow researchers to assess the effects of shift work and extended work hours on officer stress and fatigue, and examine the effects of work-related stress and fatigue on cardiovascular and metabolic disease risk. While there are many unique features of this study, the partnership that exists between the UB Principal Investigator Dr. Recognizing the tremendous value the study findings could have on police officer safety and health, these groups have worked closely together to increase visibility of the studies and encourage the officers to participate. Additionally, as a retired New York state trooper, Dr. Violanti brings unique insight and maintains a sense of credibility among the officers. Another feature of our research has been the success of two previous cross-sectional pilot studies involving a smaller number of Buffalo police officers. Findings include the following: Female officers had higher mean Impact of Events a measure of post-traumatic stress symptoms and CES-D a measure of depressive symptoms scores than male officers. Officers with higher post-traumatic stress disorder PTSD symptoms had a nearly two-fold reduction in brachial artery flow-mediated dilation, indicating greater impairment of endothelial function physiologic dysfunction of the normal biochemical processes carried out by the cells which line the inner surface of blood vessels than officers with fewer PTSD symptoms. This association was attenuated slightly by covariate adjustment for age and education. Additional findings include associations of negative life events with depressive symptoms Hartley et al. Currently, we are continuing to examine police officers as part of our study of the entire Buffalo Police Department. We look forward to sharing our results with you in the future. The complete results of this research may be applicable not only to police officers but to other first responders who also consistently place their safety and health on the line. Additionally, the information gained from this research may increase understanding of how stress in all workplaces might lead to adverse health outcomes. We are interested in hearing from police officers, police administration, police unions, law enforcement planners, other emergency responders, and investigators focused in this area of research. Your input will be valuable in the design of future studies in this area. What are the key stressors involved with police work? What types of interventions would be feasible in the future to 1 decrease work-related stress and 2 improve cardiovascular health among police officers? Thank you for your assistance, Tara A. Posted on June 30,

### 7: - NLM Catalog Result

*Combat-related post-traumatic stress disorder (PTSD) symptoms appear to be associated with longer-term physical (headache, tinnitus), emotional (irritability) and cognitive (diminished concentration or memory) symptoms, according to a report in the January issue of Archives of .*

September 3, It will have a different outcome with different events and individuals. It can last a brief time or become chronic. It can go into remission and then recur, even years later. It can also escalate â€ March 3, Study: How does facing deadly force affect what they see, hear, and feel? My serial number is I completed the Academy at the age of Like many PTSD conferences, it focused on seeing the â€ October 5, Police officers in the US deal with the most gruesome, ugly, and terrifying side of humans imaginable. From watching someone take their last breath, to discovering corpses that have been mutilated in ways no sane â€ August 31, Groundbreaking studies on PTSD have discovered some of the the brain functions and physiological causes related to PTSD. It is published by the American Psychiatric Association. According to a government study, Trauma is common in women; five out of ten women experience a traumatic event. Women tend to experience different traumas than men. As you read through this page, keep in mind that it takes a professional who knows PTSD to diagnose this â€ July 18, Last week, the Army, along with the VA and the DoD, announced that they are in the process of standardizing the diagnosis and treatment process for soldiers with PTSD. As patrol officers, they might have believed that a promotion would alleviate the stress they faced every day. What are they saying about it: Police work is highly stressful and is one of the few jobs where one continually faces the effects of murders, violence, accidents and serious personal injury. On this page find: The Police Culture tends to underestimate the short and long term effects, not just one substantial blow to the â€ September 24, Interesting enough is that fact that in most cases, officers who delayed or did not receive proper care after the incident developed more or intense symptoms than those who did. Since it is typical that â€ March 4, Impact of Sleep Deprivation on Police Performance Sleep deprivation is comparable to excessive drinking. Some stress is not only inevitable, it can be good. Acupuncture, meditation, and even K-9 companions are all some of the methods being employed and studied by more open-minded physicians and patients.

### 8: Stress and Health in Law Enforcement | | Blogs | CDC

*The study was initiated because of the assumption that the daily stress factors that police officers endure during their work, such as danger, high demands and exposure to human misery and death.*

Police Stress Stress plays a part in the lives of everyone. Some stress is not only inevitable, it can be good. Police stress, however, refers to the negative pressures related to police work. Police officers are not superhumans. According to Gail Goolkasian and others, research shows that they are affected by their daily exposure to human indecency and pain; that dealing with a suspicious and sometimes hostile public takes its toll on them; and that the shift changes, the long periods of boredom, and the ever-present danger that are part of police work do cause serious job stress. Selye maintains that the unrelieved effort to cope with stressors can lead to heart disease, high blood pressure, ulcers, digestive disorders, and headaches. Stressors in police work fall into four categories: Stresses inherent in police work. Stresses arising internally from police department practices and policies. External stresses stemming from the criminal justice system and the society at large. Internal stresses confronting individual officers. Alterations in body rhythms from monthly shift rotation, for example, reduce productivity. Role conflicts between the jobâ€”serving the public, enforcing the law, and upholding ethical standardsâ€”and personal responsibilities as spouse, parent, and friend act as stressors. Other stressors in police work include: One-officer patrol cars create anxiety and a reduced sense of safety. Internal investigation practices create the feeling of being watched and not trusted, even during off-duty hours. Officers sometimes feel they have fewer rights than the criminals they apprehend. Lack of rewards for good job performance, insufficient training, and excessive paperwork can also contribute to police stress. Turf battles among agencies, court decisions curtailing discretion, perceived leniency of the courts, and release of offenders on bail, probation, or parole also lead to stress. Further stress arises from perceived lack of support and negative attitudes toward police from the larger society. Most public opinion surveys, however, show strong support for and positive attitudes toward police. The inaccessibility and perceived ineffectiveness of social service and rehabilitation agencies to whom officers refer individuals act as further stressors. They are more likely to face disapproval from fellow officers and from family and friends for entering police work. Stress contributes not only to the physical disorders previously mentioned, but also to emotional problems. Some research suggests that police officers commit suicide at a higher rate than other groups. Most investigators report unusually high rates of divorce among police. Although some maintain that researchers have exaggerated the divorce rate among police, interview surveys demonstrate that police stress reduces the quality of family life. A majority of officers interviewed reported that police work inhibits nonpolice friendships, interferes with scheduling family social events, and generates a negative public image. Systematic studies do not confirm the widely held belief that police suffer from unusually high rates of alcoholism, although indirect research has established a relationship between high job stress and excessive drinking. Finally, officers interviewed cited guilt, anxiety, fear, nightmares, and insomnia following involvement in shooting incidents. During the s, some departments began to formalize their responses, usually by incorporating officer-initiated Alcoholics Anonymous groups made up exclusively of alcoholic officers. These programs have expanded into a broad range of responses to police stress. Some programs focus on physical fitness, diet, relaxation, and biofeedback to cope with stress.

### 9: Police Stress: Identifying & Managing Symptoms of Stress | Adrenal Fatigue Solution

*Stress is a common factor in contemporary society, but the way in which it manifests is dependent on a number of different lifestyle factors for each individual.*

Scholastic Journalism Teachers Manual Winged humans, speaking animals. O Fat White Woman 316 Science resources grade 5 Disorders of neuromuscular transmission 3. National Identities: The Search for Place in Buchi POSITIVE VOICES FOR MJJ PRESENTS / Scots in eastern and western Prussia Collaborating with child psychiatrists and pediatricians Merchants, princes, and painters How birds migrate Wildflowers along the trail Chapter 16 section 4 america moves toward war Allsorts Class Pack of Six V. 5. Knapp Commission report Westlake lanes how can this business be saved Decorations for citizens of the United States. Henry V Classics Library (Wordsworth Classics) The Army Called It Home West Victoria Separation Movement (Australia Felix Series) Daniel F. Dulany. Generating inequality Function of the human body Tempt me olivia cunning bud The case of Marie Jeanneret. From seeing to vision The virtues of free market capitalism High tech product launch Directing the Clinical Laboratory Developmental Biol Bacteria: Elementary mathematics; a logical approach Wildlife of Britain. Rumi and the whirling dervishes Proceedings of the XVII RCNP International Symposium on Innovative Computational Methods in Nuclear Many- The nature of physical education Margaret Whitehead How we spend our years, W. M. Paxton. The Paris Opera: An Encyclopedia of Operas, Ballets, Composers, and Performers Architectural rendering with 3dsmax and vray Shape-shifting Portfolio People Carbonate Diagenesis As a Control on Stratigraphic Traps, With Examples from the Williston Basin (Aapg Co