

OFFICER VIRTUAL ACADEMY

COURSE SYLLABUS:

Basic Stress Management



Course Location:

This is a virtual course, offered online only and available to registered users of the Officer Virtual Academy at all times.

Instructor Information:

Lt. Frank Borelli - LE Instructor / Editorial Director

With over 35 years of operational experience and more than 30 years of instructional experience, Lt. Borelli has taught programs involving firearms, defensive tactics, officer survival, active shooter response and more to officers from all levels of government to include city, county, state, federal and military. He remains active in law enforcement, continually training and being trained to keep his skills up to date and sharp.

Course Description:

This course of instruction examines four different levels of stress accumulation and how they impact health to include mental, physical and emotional wellness. Methods for managing and minimizing stress are discussed as well as recognizing when outside help is required. Negative stress-neutralization methods are also discussed.

Prerequisites:

There are no prerequisites for attending this program.

Course Sequencing:

This course is a personal-knowledge-only (no continuing education or in-service credits) program. It is recommended that the student officer view/attend the following courses before viewing this one:

None Required

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Course Objectives:

- Upon completion, the student officer will be able to articulate the four levels of accumulated stress as described.
- Upon completion, the student officer will be able to articulate various basic stress management techniques.
- Upon completion, the student officer will be able to articulate common “stress management” techniques that ARE NOT stress reducing and aren’t advised.
- Upon completion, the student officer will be able to articulate the impact of proper rest on stress levels.
- Upon completion, the student officer will be able to articulate the impact of proper nutrition on stress levels.
- Upon completion, the student officer will be able to articulate the impact of regular exercise on stress levels.

Course Materials:

Course Syllabus

PDF Handout of PowerPoint Slide presentation

Three course videos:

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| 5 minutes | BSM: Introduction & Symptomology |
| 7 minutes | BSM: First Three Levels of Stress |
| 10 minutes | BSM: Fourth Level & Management Techniques |

Additional Resources:

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| officer.com/12304324 | Stress Management Training for L.E. |
| officer.com/12303176 | Just Breathe For Stress Management |
| officer.com/12206710 | The Power of Peer Support |
| officer.com/11622789 | L.E. Obesity, Chronic Stress, Death |
| officer.com/10248779 | Critical Stress Survival Strategies |
| officer.com/10248466 | Stress: The Cop Killer |
| officer.com/10249385 | Critical Incident Stress |
| officer.com/10232552 | Stressed on the Street |
| officer.com/10232490 | Stressed on the Street Pt. 2 |