

## Fit to Serve

## Goal

Upon completion of this course, participants will have created a better understanding of mental fitness in law enforcement, empowering them to add mental well-being strategies into their daily routines. This will not only improve their personal resilience and effectiveness but also foster more compassionate and effective interactions with the communities they serve."

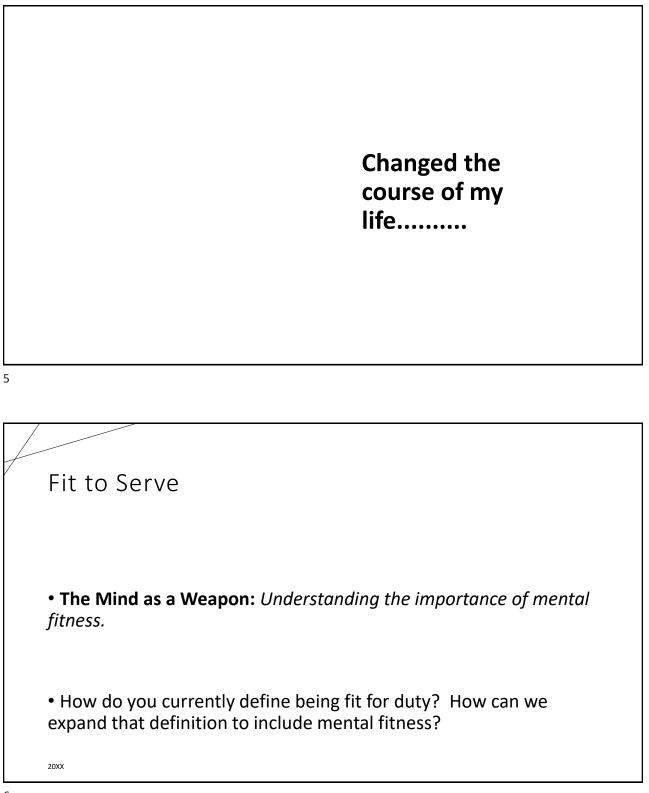
### Objectives

- 1. Understand the dual nature of fitness.
- 2. Identify and challenge common mental health stigmas.
- 3. Empower with practical mental health tools.

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## The Impact of Physical Fitness on Mental Fitness

While different, physical fitness and mental fitness are highly related. So, it's important to reframe the discussion from mental strength vs physical strength to the *relationship* between physical fitness and mental fitness. Apart from physical health, regular physical exercise has many benefits for mental health and well-being:

### **Reduced Stress and Anxiety**

Studies have shown that exercising regularly can help <u>reduce symptoms of</u> <u>anxiety and depression</u> by releasing endorphins, which are the body's natural mood elevators. Exercise also helps in reducing stress levels by de¢reasing cortisol levels in the body.

Elevate blog 11/02/23

### Improved Cognitive Function

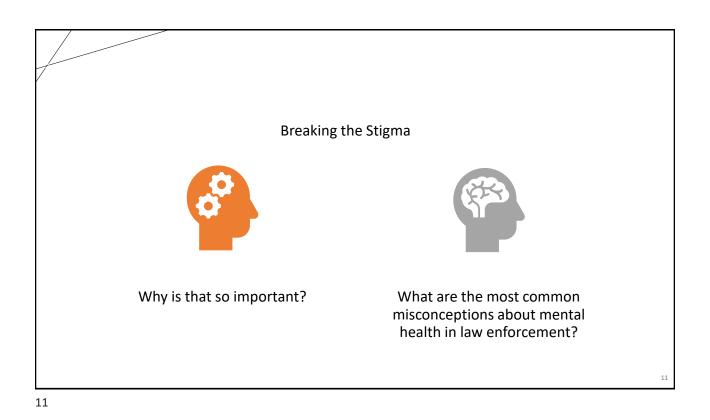
Additionally, regular physical activity can improve cognitive function, including memory and attention span. Studies have shown that regular exercise can <u>increase the size of the hippocampus</u>, which is responsible for memory formation and storage in the brain.

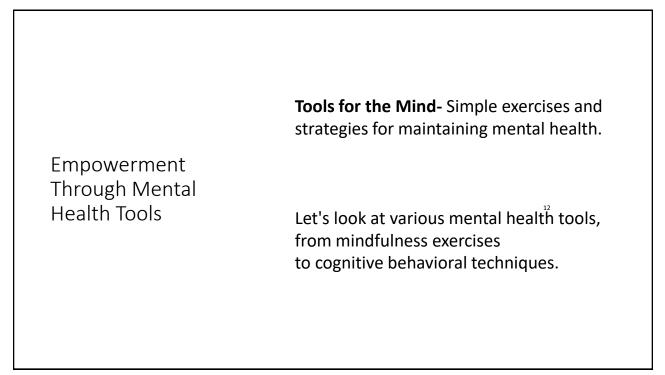
Furthermore, exercise has been found to improve blood flow to the brain, leading to increased oxygen and nutrient delivery. This can result in improved cognitive function, including better attention span, concentration, and problem-solving skills Breaking the Stigma: confronting and Overcoming the stigmas around Mental Health in Law Enforcement

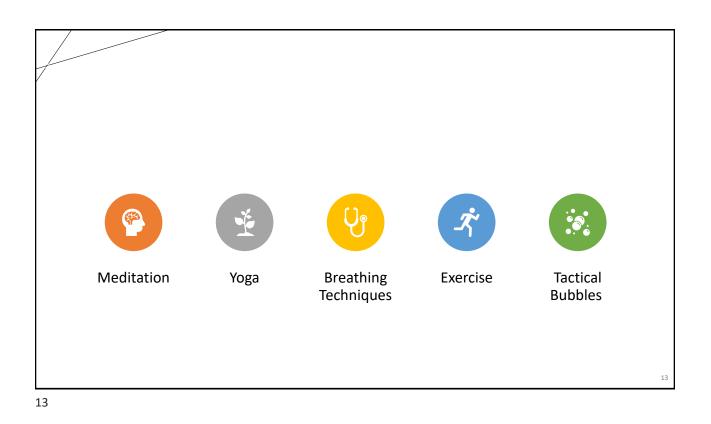
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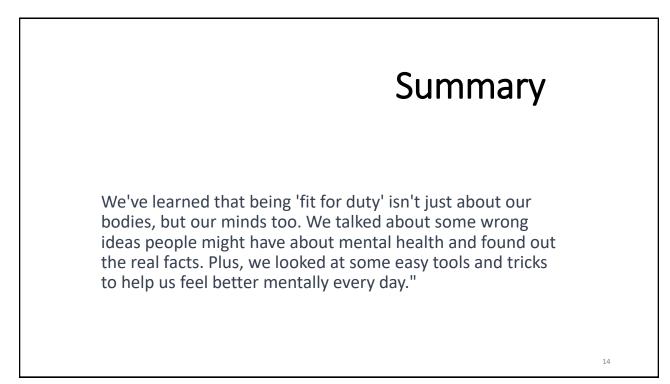
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# Recap

"We've learned that being 'fit for duty' means taking care of our minds just as much as our bodies. We've busted some myths about mental health in our line of work and found out what's really true. We've also picked up some handy tools to help our minds stay sharp. We've talked about how our mental health can change the way we work with our team and the people in our community. Lastly, we've learned some cool ways to bounce back from tough times and stay strong.

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## Fit to serve II

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Upon completion of this course, participants will have created a better understanding of mental fitness in law enforcement, empowering them to add mental well-being strategies into their daily routines. This will not only improve their personal resilience and effectiveness but also foster more compassionate and effective interactions with the communities they serve."

## Objectives

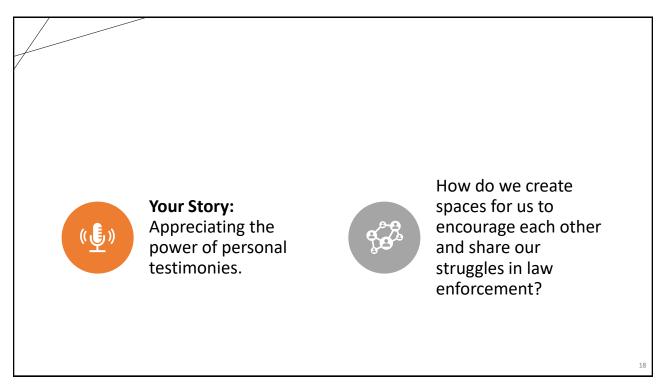
- 4. Appreciate the power of personal testimonies.
- 5. Recognize the broader impact of officer mental health.
- 6. Developing resilience.

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# *The Power of Your Story*

A cool cat named Chad, and a loving father named Shane !

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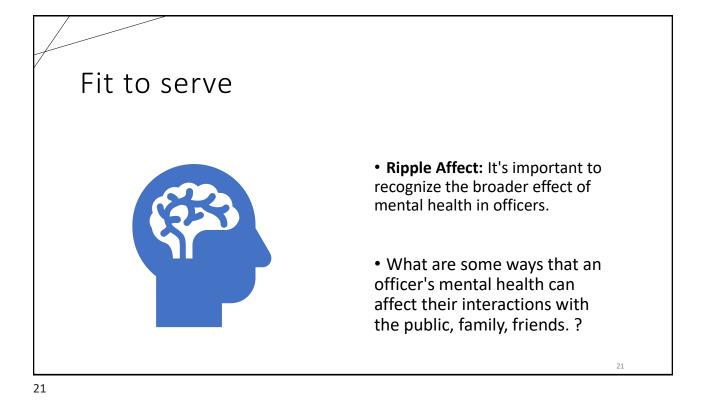




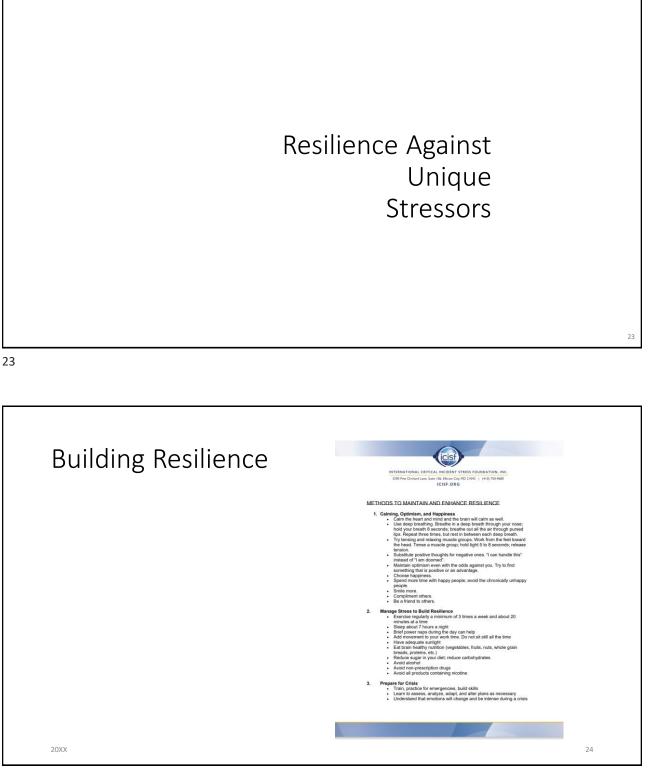
# The Broad Impact of Officer Mental Health

CONE OF TRUST

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Suicides by Law Enforcement

2018-156 2019-198 2020-149 2021-148 2022-169 2023-118

Highest in 15+ year officers. Highest in Military Veterans

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