

**Purpose:** The purpose of this course is to provide deputies with the tools to develop effective coping mechanisms and strategies to recover from work related physical and psychological stress.

**Learning Objectives:** Using group discussion, learning activities and practical application the students will understand the four pillars of health: Sleep, Nutrition, Movement and Mindfulness/Mindset.

- Students will have strategies to improve sleep hygiene (sleep duration, continuity and timing).
- Students will be able to explain the importance of regular exercise and mobility in their daily lives to increase performance and reduce the risk of injury.
- Students will understand the impact of regular mindfulness and mindset training on performance, health and an officer's ability to properly de-escalate volatile situations.
- Students will understand metabolic syndrome and how nutrition impacts performance, body composition and longevity.

Learning outcomes will be validated through a group discussion in which the student will perform a final self-assessment.

## **I. Introduction**

- a. Pre-Test Assessment
- b. Life expectancy of Police Officers
  - i. Buffalo Police Department Study
  - ii. Cal Pers Tier 2 Retirement System
- c. Use of Force – Physical Presence/De-Escalation
  - i. FBI Leoka Statistics
  - ii. POST De-Escalation Manual
    1. Dr. Gilmartin Quote
- d. Training the Tactical Athlete
  - i. Increase Capability
  - ii. Reduce Risk of Injury
- e. Introduction to Four Pillars of Health
  - i. Mindset/Mindfulness
  - ii. Movement
  - iii. Sleep
  - iv. Nutrition

## **II. Mindset/Mindfulness**

- a. Growth vs. Fixed Mindset

- b. Training the Mind
  - i. Arousal Control
  - ii. Visualization
  - iii. Goal Setting
  - iv. Self-Talk
- c. Practicing Mindfulness
  - i. What is mindfulness?
  - ii. What will it do for us?
    - 1. Fighter pilot study
    - 2. Neurological, Physiological and Biochemical Changes

### **III. Sleep**

- a. Dangers of Shift Work
  - i. International Agency for Research on Cancer (WHO)
    - 1. Group 2A Probably Carcinogenic to Humans
- b. Health and Performance
  - i. Mental Health
  - ii. Chronic Disease
  - iii. Sleep Deprivation and Equivalent BAC
- c. Circadian Biology
  - i. Cortisol, Melatonin, Body Temperature and Blood Pressure
- d. Sleep Stages
  - i. Rapid Eye Movement
  - ii. Non-Rapid Eye Movement
- e. Sleep Duration
- f. Sleep Continuity
- g. Sleep Timing
- h. Strategies to Improve Sleep Hygiene
  - i. Temperature
  - ii. Anxiety
  - iii. Preparation
  - iv. Light

### **IV. Nutrition**

- a. Metabolic Syndrome (three or more of the following)
  - i. Abdominal Obesity
  - ii. Elevated Triglycerides (over 150)
  - iii. Low HDL (under 40)
  - iv. Elevated Blood Pressure
  - v. Fasting Glucose (100 mg/dl or greater)
- b. Inflammation

- c. Health vs. Performance
- d. Quality vs. Quantity
- e. Macronutrients/Timing
- f. Convenience/Compliance
- g. Hydration
  - i. X .6 BW in ounces
- h. Supplementation
  - i. Test don't Guess
  - ii. Vitamin D
  - iii. Fish Oil/Omega 3's

## **V. Movement**

- a. Functional Movements
  - i. Natural
  - ii. Inherently Safe
  - iii. High Power Potential
  - iv. Job Specific Tasks
- b. Mobility
  - i. Law Enforcement Specific
    - 1. Back
    - 2. Neck
    - 3. Ankles
  - ii. Available Programs
    - 1. ROMWOD
    - 2. GoWOD

## **VI. Questions/Wrap Up/Course Evaluation**