

**Course Title:** Sacramento PD Wellness Series (24hrs)

**Course Description:** This six course training series incorporates wellness education for law enforcement officers with an innovative 360-degree approach to physical, mental, financial, and emotional well-being.

**Course Objectives:** The objectives of this course are to:
- Teach stress and anxiety reduction techniques;
- Increase exercise;
- Reinforce a healthy work-life balance;
- Practice mindfulness;
- Assess financial fitness; and
- Get better rest and eat healthier.

**Course Outline:**

I. Module One - Introduction to Mindfulness
   - Orientation & Introductions
   - Components of mindfulness
   - Importance of body awareness
   - Perceptions and thoughts
   - Stress and its implications
   - Functions of the mind
   - Tools to work with thoughts
   - Communication
   - Determining your communication style (questionnaire)
   - Mindful Listening
   - Difficult Communications Calendar
   - Components of self-compassion
   - Ways to practice self-compassion

II. Module Two - Maneuvering through Nutrition Confusion
    - What does a basic healthy diet look like?
    - Why we eat poorly, and why it can be so hard to change habits
    - How to simplify and eat healthier
    - Resources

III. Module Three - Fitness
    - Overview of fitness components and principles
    - How these components and principles interact
• On-line application introduction – discuss the use of a smartphone app to promote workout structure and enhance motivation/adherence
• Use of TrainHeroic
• Fitness workouts
• Learn Fitness Components - Blueprint for physical activity guidelines and service as a tool for organizing and executing a well-balanced workout routine
• Discuss Training Principles and Applications – applying the training principles of Specificity, Overload, Adaption and Reversibility to training applications

IV. Module Four – Financial Fitness
• Explain four areas of focus for a balanced life
• Challenges in personal finance
• Steps to taking control
• Ways to determine your present financial picture (Where am I now?)
• Ways to determine future financial needs and goals (Where do I want to be?)
• Ways to help achieve financial goals (How do I get there?)
• Pitfalls that can keep you from your goals...
• Review / Take-a-way exercises to improve financial and personal wellness
• Present basic terms related to investment accounts

V. Module Five – Resiliency & the Work-Life Balance
• “How you perceive yourself vs. how your family perceives you?”
• Effects of imbalance
• “I USTA” syndrome – reincorporating habits and hobbies from the pre-law enforcement life
• Effects of sleep
• Discuss Practices and Tools
• Review / Take-a-ways

VI. Module Six - Student Evaluation
• Tools to continue
• End of Series personal self-evaluations

Course Assessment/Evaluation: Participants will learn & build resiliency through:
• Understanding financial wellness;
• Injury prevention;
• Increasing physical fitness;
• Demonstrating proper nutrition
• Understanding the effects of sleep deprivation and stress; and
• Embracing mindfulness strategies.