

Sacramento Police Department
CONTINUING PROFESSIONAL TRAINING (CPT) 2021
WELLNESS SESSION

Statement of Purpose: The purpose of this course is to update and enhance officers' understanding of the Employee Services Unit (ESU), the benefits and resources available from ESU, as well as learn valuable skills in maintaining their resilience and long-term mental/physical health for a continuing ever-changing law enforcement professional career.

- I. Employee Service Unit (ESU)
 - a. Working with Anxiety
 - i. Personal Assessment
 - 1. Individual Test
 - ii. What is Anxiety?
 - 1. What does anxiety look like?
 - a. GAD
 - b. OCD
 - c. Panic Disorder
 - iii. Who does anxiety affect?
 - 1. Statistics
 - a. Law Enforcement Articles
 - iv. TED Talk
 - b. Overcoming and working with anxiety
 - i. Treatment
 - 1. Therapy
 - 2. Personal practices
 - ii. Resources
 - 1. Apps
 - 2. Book
- II. Personal Performance Testing (PPT)
- III. Breakout Block – YOGA
 - a. What is Mindful Yoga Therapy?
 - i. Yoga therapy is designed to support police officers to cope with PTSD and everyday stress from the job. The main objective and intention are to calm the nervous system.
 - b. The Intention
 - i. Design an innovative, approachable yoga program for officers.
 - ii. Support healing, better moral and well-being for officers.
 - iii. Support recruitment in offering more self-care tools for officers.
 - c. Why yoga for officers?
 - i. Scientifically proven to calm the nervous system.
 - ii. Develops supportive skills that officers need in their everyday lives.
 - iii. Brings the body back into balance by creating new neural pathways in brain.
 - iv. Resets the parasympathetic nervous system for better sleep and fewer nightmares.

Sacramento Police Department
CONTINUING PROFESSIONAL TRAINING (CPT) 2021
WELLNESS SESSION

- v. Improves focus, attention and overall health.
- vi. Teaches acceptance and active symptom coping.
- vii. Promotes self-care, less negative and more positive thoughts.
- d. What PTSD and trauma do to the body:
 - i. The Amygdala part of the brain (the flight or fight alarm) never gets turned off.
 - 1. Always on edge
 - 2. Numb out and isolation
 - 3. Feelings of survivor guilt
 - 4. Issues with trust and control
 - 5. Nightmares and trouble sleeping
 - ii. Health Problems
 - 1. The body prepares defensively at the expense of healing.
 - iii. Sleep, relationships and quality of life suffer.
 - iv. Leads to cycle of stress: hyperarousal to re-experiencing
- e. What the class would include:
 - i. Breathing
 - 1. Cellular Breath
 - 2. Three-Part Breath
 - 3. Ujjayi Breath (Victorious Breath)
 - a. *Recommended for officers while on-duty
 - 4. Nadi Sodhana (Alternate Nostril Breath)
 - a. *Recommended for officers while on-duty
 - ii. Yoga (mindful movement)
 - iii. Yoga Nidra (Relaxing guided meditation laying on your back, side, or stomach)
- f. Benefits
 - i. Breathing
 - 1. Scientifically calms nervous system
 - 2. Stimulates para-sympathetic nervous system to calm down the body
 - 3. Cleanses, strengthens, and tones the nervous system
 - 4. Improves focus, clarity and staying present
 - 5. Creates balance in the body
 - 6. Invites officers to feel good again in their body – self-awareness
 - ii. Yoga (mindful movement)
 - 1. Increases circulation and blood flow
 - 2. Allows reconnection with the body and breath together
 - 3. Creates balance in the body
 - iii. Yoga Nidra
 - 1. 30 minutes = 4 hours of traditional sleep
 - 2. Releases the nervous system back into balance
 - 3. Expands awareness
 - 4. Improves sleep and balance in the body
- g. Class Outline Examples

Sacramento Police Department
CONTINUING PROFESSIONAL TRAINING (CPT) 2021
WELLNESS SESSION

i. Yoga Nidra

1. Begin in Savasana laying on the back.
2. Teacher explains the class (30 minutes of Yoga Nidra = 4 hours traditional sleep)
 - a. Set Intention
 - b. Lead through 61 points through the body
 - c. Breathing/counting
 - d. Image Visualization
 - e. Come back to intention
 - f. End in gratitude
3. Set intention - something positive
 - a. I'm going to eat better today
 - b. I'm going to be nicer to myself today
4. Lead through 61 points through the body
5. Breathing/Counting
 - a. Bring awareness to 4 different parts of body
 - i. Navel Center
 - ii. Heart Center
 - iii. Base of Throat
 - iv. Space between eyebrows
 - b. Count backwards 27-1
 - c. One round of breath (inhale and exhale) equals one count.
 - d. Teacher be quiet for two minutes to go through each part of body.
6. Image Visualization
 - a. Teacher names a few images from nature for student to simply bring awareness to.
 - i. Examples:
 1. A vibrant orange sunset
 2. A bright red apple
 3. A calm stream in the forest
 4. A rose garden
 5. Freshly cut grass
 - b. Come back to Intention
 - i. Have student repeat their intention in their own mind, 3 times.
 - ii. Slowly roll over to one side and/or sit up facing the center cross legged.
 - c. Gratitude
 - i. Have student put hands together at center of chest/heart and think of one thing they can be grateful for today.
 - ii. Encourage student to try and take that feeling with them throughout the day.
 - iii. Take a few more deep breaths together as a class.

Sacramento Police Department
CONTINUING PROFESSIONAL TRAINING (CPT) 2021
WELLNESS SESSION

- d. Namaste
 - i. The light within me acknowledges the light within you.
- ii. Yoga - 1 hour
 - 1. Intro
 - a. Breathing - Victorious
 - i. Sit cross-legged
 - 2. 4 sets - warm up
 - a. Wisdom pose - 20 seconds
 - b. Cobra - 20 seconds
 - c. Plank hold - 20 seconds
 - 3. 2 sets
 - a. Hands to knee balance - 1 minute
 - b. Plank hold - 10 seconds
 - 4. 4 sets
 - a. Downward dog - 30 seconds
 - b. Flow into cobra/up-dog and back into DD
 - 5. 2 sets
 - a. Half-moon - 20 seconds
 - b. Triangle - 20 seconds
 - c. Separate head to knee - 20 seconds
 - d. Separate leg stretching - 20 seconds
 - 6. Tree - 30 seconds each side
- iii. Floor Series
 - 1. Savasana - 2 minutes
 - a. 5 sets
 - i. Half Tortious - 20 seconds
 - ii. Camel (heart opener) - 15 seconds
 - b. 1 set
 - i. Head to knee
 - ii. Stretching
 - iii. Spine twist
 - 2. Final Savasana - 2 minutes

IV. Breakout Block – FITNESS NUTRITION

- a. Explain the energy systems of the body and proper nutrition and hydration for optimal workout performance.
- b. Learning Objectives
 - i. Explain the 3 basic energy system of the body and their nutrition requirements
 - 1. ATP-CP
 - 2. Anaerobic
 - 3. Aerobic
 - ii. Explain the macronutrient and their relationship to training and physical

Sacramento Police Department
CONTINUING PROFESSIONAL TRAINING (CPT) 2021
WELLNESS SESSION

performance.

1. Protein
2. Carbohydrate
3. Fat

- iii. Explain daily calorie and macronutrient, hydration and vitamin/mineral requirements
 1. Basial Metabolic Rate and calorie intake requirement
 2. Daily intake and activity level
 3. Low Carbohydrate diets and exercise
 4. Daily Vitamin and Mineral intake
 5. Daily hydration and activity level
- iv. Explain workout importance and implications of a pre, during and post exercise calorie, nutrition and hydration protocol
 1. Pre-workout
 2. During workout
 3. Post-workout
- v. Explain pros and cons of supplements.
 1. Protein supplements
 2. Ergogenic aids
 3. Beet Juice
 4. Caffeine
 5. Antioxidants

V. Breakout Block – FINANCIAL WELLNESS

- a. Introductions
 - i. Purpose of the instruction
 1. Identify the components of a well-managed household budget
 2. Understand potential hurdles and solutions
- b. The value of having a household budget
 - i. Making and achieving long term goals
 - ii. Mitigating the “risk of the market” through debt management
 - iii. Preventing negative impacts to personal relationships
 - iv. Peace of mind / stress reduction / quality of life
- c. Personal Assessment
 - i. Individual Self-Assessment – Expense Sheet
- d. Building a Household Budget
 - i. Components of a good plan- where money is spent
 - ii. Buy in from significant others (kids, spouse, friends/family)
 - iii. Using strategies to stick to you plan, tracking expenses
 - iv. “Payment Coupling” – recognizing the risks of debt and deferred payment
- e. Resources
 - i. Books
 - ii. Department Resources
 - iii. External support options

Sacramento Police Department
CONTINUING PROFESSIONAL TRAINING (CPT) 2021
WELLNESS SESSION

- f. "Homework"
 - i. Build your plan with your family

VI. Breakout Block – COMMON INJURY PREVENTION

- a. Injury prevention, recognition and assessment
 - i. Explain injury prevention, recognition and assessment including the RICE methodology for managing injuries and common injuries among law enforcement
- b. General injury prevention
 - i. Warm-up/warm down and remain flexible
 - ii. Strength and/or Cross train
 - iii. Avoid dramatic training changes in volume and intensity
 - iv. Replace worn shoes, equipment
 - v. Year-round conditioning and consistency
 - vi. Environment and training on even surfaces
 - vii. Let old injuries completely heal
- c. Injury Recognition
 - i. Increased temperature
 - ii. Increased redness
 - iii. Swelling
 - iv. Pain
 - v. Loss of Function
- d. Injury Assessment
 - i. Is there pain, tingling, numbness and/or stiffness?
 - ii. Is the pain dull, or sharp, deep or superficial?
 - iii. What was the mechanism of how the injury occurred?
 - iv. Was the injury acute or chronic?
 - v. Was the injury associated with a pop or click?
 - vi. Was the injury from a pre-existing condition?
- e. Explain the RICE methodology for managing injuries
 - i. Rest
 - ii. Ice
 - iii. Compression
 - iv. Elevation
- f. Review common injuries and specific fitness prevention strategies
 - i. Low Back/Sciatic Nerve
 - ii. Ankle/Knee Sprains
 - iii. Muscle strains/pulls
- g. Strength Training Progression, Variables and Patterns of Movement
 - i. Physical training instructors need to explain effective strength patterns of movement.
 - ii. Progressive lifting patterns
 - 1. Natural to skilled
 - 2. Single to multi-joint

Sacramento Police Department
CONTINUING PROFESSIONAL TRAINING (CPT) 2021
WELLNESS SESSION

- 3. Bilateral lifts to unilateral lifts
- 4. Light weight to heavy weight
- 5. Stable to unstable base exercises
- 6. Slow to faster lifts
- 7. Add weight before volume
- iii. Explain strength training variables
 - 1. Volume
 - 2. Load
 - 3. Speed of movement
 - 4. Time under tension (Holds / Pauses)
 - 5. Variability – implement, loads, volumes, etc.
 - 6. Consistency
- h. Review and explain strength lifting patterns and key lifting techniques and instructional cues and their relationship to traditional and circuit training programs
 - i. Hip Hing - deadlift
 - ii. Squat – DB and BB front squat
 - iii. Lunge – Walking and stationary
 - iv. Push – Bench press
 - v. Pull – Low row
 - vi. Rotation – Slam ball
 - vii. Gate – Farmers carry

VII. Breakout Block – MAINTAINING THE WORK/LIFE BALANCE

- a. Introductions
 - i. Purpose of the instruction
- b. Personal Assessment
 - i. Individual Test (Self-care)
- c. What is Work Life Balance
 - i. Symptoms of Imbalance
 - 1. Fatigue
 - 2. Poor or declining health
 - 3. Personal relationships
 - ii. Video
 - iii. Breakout
 - 1. Identify ways to maintain or rebalance our lives.
- d. Worksheet
 - i. Personal Goals/Improvement Plan
- e. Resources
 - i. Books
 - ii. External support

VIII. Recap | Survey | Feedback