

BLUESHIELD TACTICAL SYSTEMS



Thrivability - A Simple Self-Care Guide

8- hours \$179

Course Content:

- Identifying types of stress
- Sympathetic & Parasympathetic
- Stress in the workplace and at home.
- Critical Incident Stress & PTSD
- Current issues in recruiting and hiring
- Identifying Hypervigilance
- AID LIFE and statistics of suicide in law enforcement
- Healthy diet and exercising
- Ways to relieve stress
- mental health in law enforcement

With over 300 million people suffering worldwide, self-care needs to be a mission-critical goal. We continually witness police officers fall victim to suicide while their brothers and sisters in blue stand by helplessly. Stress is inevitable but misery doesn't have to be the driving force in your life. This 8-hour course was developed to educate the attendee on self-care practices with the hope of creating a healthier lifestyle for the officer creating ripples in the law enforcement community to alleviate suffering and lessen the stressful effects of the profession. The goal in life should be to thrive, and not just to survive. Attendees will learn practical and applicable tools to make life more manageable.

Topeka Police Department/Nickel
Armory Training Facility
2722 SW Topeka Blvd.
Topeka, KS 66611

June 26th 2023
0800 - 1700

Hotels:

Ramada Inn Downtown Convention
Center
420 SE 6th Street
Topeka, Kansas 66607
(785) 234-5400

Capitol Plaza Topeka
1800 SW Topeka Boulevard
Topeka, Kansas 66611
(785) 431-7200



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