

# BLUESHIELD

## TACTICAL SYSTEMS



## Thrivability - A Simple Self-Care Guide

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.

**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



Training testimonials available at [Blueshieldtactical.com](http://Blueshieldtactical.com)  
Contact us about hosting one of our courses at your agency.

**Topeka Police Department/Nickel**  
**Armory Training Facility**  
**2722 SW Topeka Blvd.**  
**Topeka, KS 66611**  
**June 26<sup>th</sup> 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**

*Register today at*

*Blueshieldtactical.com*  
*Blueshieldtactical@gmail.com*  
*(888) 970-4249*

