



CCITT

(Cops Coping in Tough Times)

Tip Sheet

When times get really tough, it's tempting to turn to things to help you numb out, escape, or forget. Most of these things also make life tougher in the long run. Here are some healthy, practical things that really can help:

- 👍 **Turn off the TV!** Watching the same images over and over increases anxiety and post-traumatic stress injury symptoms. Same goes for online and social media. In their rush to get “news” out, many media sources guess or publish hype. Find a reliable news source, check it occasionally, then engage with other parts of life.
- 👍 **Get outdoors –** Go for a walk, run, swim, etc. Fresh air and sunshine do heal!
- 👍 **Exercise in general –** Relieves stress, helps to reduce feeling powerless, distracts from thinking too much. Also improves sleep.
- 👍 **Time with loved ones –** When stress is too much, it's more important than ever to reach out and love those around us. That includes family, friends, fellow officers, and animal companions.
- 👍 **Faith and spirituality –** Whatever you believe in, reach out.
- 👍 **Help –** Most departments have employee assistance plans (EAPs) and peer support programs. Don't be afraid to use them.