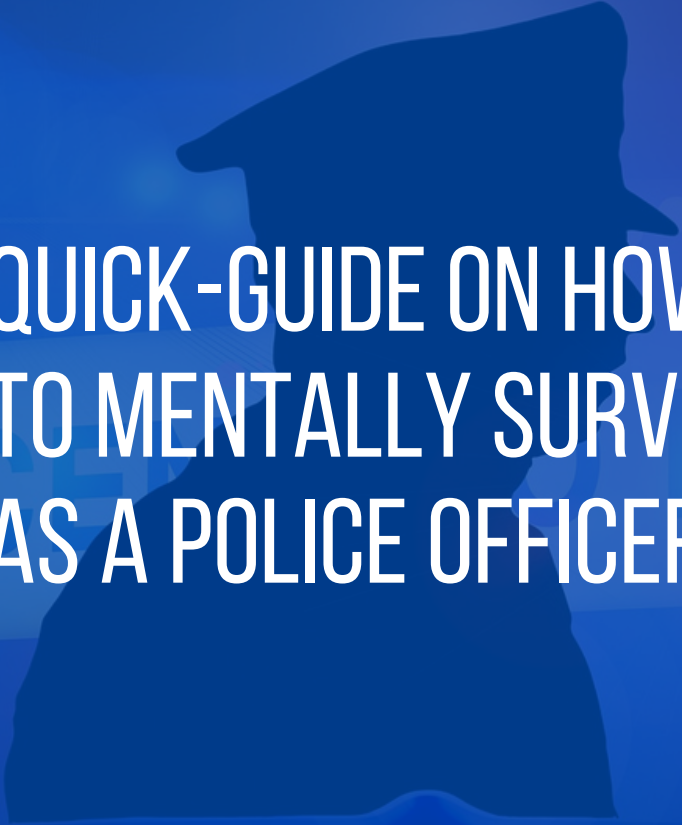


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QUICK-GUIDE ON HOW TO MENTALLY SURVIVE AS A POLICE OFFICER

BY SCOTT MEDLIN

A QUICK GUIDE TO:

A. STRATEGIES FOR SUSTAINING A POSITIVE PERSPECTIVE THROUGHOUT YOUR CAREER IN LAW ENFORCEMENT

TAKING CONTROL - DICTATE YOUR ROUTINE
CONSCIOUSLY MAKING AN EFFORT

1. MEDITATION
2. EXERCISE
3. READING
4. YOGA
5. ELECTRONICS
6. SURROUND YOURSELF WITH POSITIVE
7. SELF-TALK MINDSET

B. POLICING IS NOT WHO YOU ARE BUT WHAT YOU DO

- DO
- DON'T

DISCLAIMER: ALTHOUGH THE AUTHOR HAS MADE EVERY EFFORT TO ENSURE THAT THE INFORMATION IN THIS BOOK WAS CORRECT AT PRESS TIME, THE AUTHOR DOES NOT ASSUME AND HEREBY DISCLAIM ANY LIABILITY TO ANY PARTY FOR ANY LOSS, DAMAGE, OR DISRUPTION CAUSED BY ERRORS OR OMISSIONS, WHETHER SUCH ERRORS OR OMISSIONS RESULT FROM NEGLIGENCE, ACCIDENT, OR ANY OTHER CAUSE. THIS BOOK IS STRICTLY FOR EDUCATIONAL PURPOSES.



MEDITATION

- ✓ RELIEVE STRESS
- ✓ FIGHT DEPRESSION
- ✓ FIGHT ADDICTION
- ✓ IMPROVE SLEEP

EXERCISE

- ☑ EXERCISE CAN HELP YOUR MOOD IMPROVE
- ☑ EXERCISE DOES NOT NEED TO TAKE UP A LOT OF YOUR TIME, 20-45 MINUTES OF FOCUSED AND INTENSE EXERCISE IS GOOD.





READING

- ☑️ **ALLOWS YOU TO BETTER ADAPT TO TENSE AND UNPREDICTABLE SITUATIONS BY EXPLORING ALTERNATIVE SOLUTIONS.**
- ☑️ **MORE ADAPTABILITY TO STRESSORS, MEANS THE LESS EFFECTS**
- ☑️ **IT IS INSPIRATIONAL, MOTIVATIONAL AND CONSTRUCTIVE**

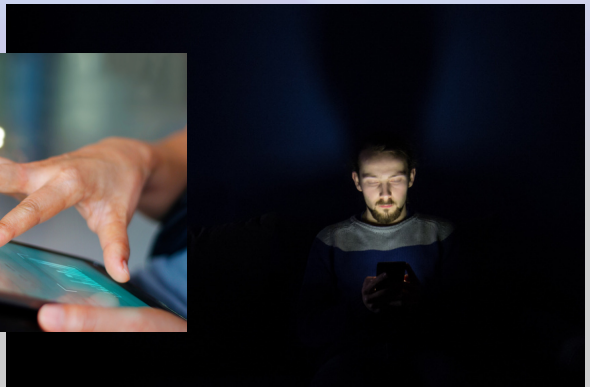
YOGA

- ✔ PROMOTES THE BODY'S ABILITY TO SELF-HEAL (SHOULD BE PRIORITIZED OVER PHARMACEUTICAL INTERVENTION, IN MY OPINION).
- ✔ PHYSICAL BENEFITS: IMPROVES PHYSICAL FLEXIBILITY, STRENGTH, LUNG CAPACITY, METABOLISM, WEIGHT LOSS, CARDIAC HEALTH, AND MUCH MORE.
- ✔ THE MENTAL HEALTH BENEFITS: HELPS TO PREVENT A MYRIAD OF STRESS- AND INFLAMMATION-RELATED DISEASES, INCLUDING BUT NOT LIMITED TO HEART DISEASE, CANCER AND STROKE.



ELECTRONICS

- ✓ UNCHECKED USE OF ELECTRONICS CAN HARM MENTAL HEALTH.
- ✓ NIGHT TIME USE OF ELECTRONICS: THE BLUE LIGHT IMPEDES BODY'S ABILITY TO DISTRIBUTE MELATONIN. LESS MELATONIN MEANS DISTURBED SLEEP, AND ENSUING DEPRESSION, AND SUICIDE RISK.
- ✓ CHECKING YOUR PHONE FIRST THING IN THE MORNING - "DOPAMINE LOOP": MEANS YOU SEEK MORE THAN YOU ARE SATISFIED, YOU ARE ADDICTED TO NOTIFICATIONS. DOPAMINE DEFICIT IMPLANTS SOME NASTY THOUGHTS IN YOUR HEAD.
- ✓ REGULATE AND CONTROL YOUR DEVICE/SOCIAL MEDIA USE.



SURROUND YOURSELF WITH POSITIVE



- ✓ GET RID OF PEOPLE WHO HAVE NEGATIVE INFLUENCES
- ✓ SURROUND YOURSELF WITH POSITIVE PEOPLE WITH POSITIVE INFLUENCE ON YOU
- ✓ INFLUENCE NEGATIVE CO-WORKERS INTO A POSITIVE PERSON

SELF-TALK AND MINDSET

- ✓ CONSTANTLY DREAMING ABOUT RETIREMENT IS ACTUALLY A FORM OF NEGATIVE SELF-TALK.
- ✓ MINDSET CAN ACTUALLY IMPACT PHYSICAL HEALTH VIA THE MIND-BODY CONNECTION. EVEN MORE RELEVANTLY, IT CAN FEED THE THOUGHT PATTERNS THAT LEAD TO DEPRESSION, PTSD, ANXIETY, AND YES – SUICIDE.



B. POLICING IS NOT WHO YOU ARE BUT WHAT YOU DO



DON'T

- ALLOW YOUR CAREER TO DEFINE YOU: IT IS DAMAGING A MENTALITY. WHEN POLICING BECOMES WHO YOU ARE, YOU HAVE INTERNALIZED IT IN AN UNHEALTHY WAY.

DO

- REMEMBER WHO YOU WERE BEFORE YOU BECAME AN OFFICER AND YOU'LL FIND WHO YOU WILL BECOME AFTER YOU'RE AN OFFICER.
- LOVE WHAT YOU DO, BUT DON'T CONFUSE IT FOR WHO YOU ARE.
- HELP YOURSELF BUT GET HELP WHEN YOU NEED IT. YOUR MENTAL HEALTH MATTERS.

A silhouette of a person wearing a graduation cap is centered in the image. The background is a soft, colorful gradient of blue, purple, and pink. Large, semi-transparent text in the background reads "SCIENCE" on the left and "UNIVERSITY" on the right. The main text is overlaid on the silhouette.

NONE OF THESE STRATEGIES WILL WORK UNLESS YOU WORK ON THEM. TO LEARN MORE, [CLICK HERE.](#)

BE WELL AND STAY SAFE.

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