

WELLNESS TIPS

FOR LAW ENFORCEMENT

PRIORITIZE SLEEP:

AIM FOR 7–9 HOURS OF QUALITY SLEEP, EVEN WITH SHIFT WORK

STAY ACTIVE:

EXERCISE REGULARLY TO REDUCE STRESS AND IMPROVE RESILIENCE

NOURISH YOUR BODY:

STAY HYDRATED BY KEEPING A WATER BOTTLE WITH YOU ON SHIFT. LIMIT CAFFEINE.

SUPPORT YOUR MENTAL HEALTH:

TALK TO SOMEONE YOU TRUST AND REACH OUT TO CANOPY FOR MENTAL HEALTH RESOURCES.

MAINTAIN

WORK–LIFE BALANCE: SPEND TIME WITH YOUR FAMILY AND PURSUE HOBBIES OR INTERESTS.

BUILD PEER CONNECTION:

LOOK OUT FOR ONE ANOTHER, MENTAL HEALTH IS A TEAM PRIORITY.

TAKE REGULAR BREAKS:

USE DOWNTIME TO DECOMPRESS WHEN POSSIBLE. WHETHER IT'S STEPPING OUTSIDE, STRETCHING, OR HYDRATING.

RECOGNIZE YOUR IMPACT:

TAKE A MOMENT TO ACKNOWLEDGE THE POSITIVE DIFFERENCE YOU MAKE EACH DAY.

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COUNSELORS AVAILABLE 24/7



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