



Keep Yourself Code 4

CPOST ON-THE-JOB TRAINING

How Can Meditation Help You Remain Code 4?

Law enforcement is rated as one of the world's most stressful and toughest jobs and can lead to heart attacks, alcohol abuse, depression, and more, if you aren't proactive in effectively managing the stress of the job. As a correctional officer, you must protect yourself from stress and job-related tension, which are the two silent killers of law enforcement officers. Despite that fact, ask an officer and he or she will tell you they have the best job in the world.

So what can you do to keep yourself code 4 in an ever changing and stressful work environment? Meditation techniques might just be the answer for you!

It is scientifically proven that meditation can be an effective treatment for stress, worry, relationship problems, addictions, and more. Practicing the art of meditation leads to peace of mind and wellbeing, greater focus and creativity, and better relationships. Meditation also enhances self-control and focus, causing individuals to stay on tasks longer and be more productive.

In addition, studies have shown that couples who meditate saw an increase in the quality of their relationships and improved their communication. Practicing the art of meditation for 20 minutes or less each day can allow you to become more comfortable with yourself, which makes it easier for others to get along with you and you will find that it is easier to accept others as they are. So why not give meditation a try and see if you notice a change in your overall wellbeing and an improvement in your relationships? Here are some basic steps to get you started...

Sources:

<http://www.policemag.com/>
<http://www.mindfulteachers.org/>
<https://www.headspace.com/science>

Meditation Basics

Five breathing steps to reduce stress

1. Lie down, if possible, or stand tall. If you're lying down, feel free to bend your knees or put a rolled towel under your knees if that's more comfortable.
 2. Breathe in and out through your nose and take a moment to notice the sensations of your breath coming into and leaving your body.
 3. Place your palms on your lower belly, resting them comfortably below your navel. Relax your abdomen.
 4. When you're ready, inhale and notice how your belly rounds and your hands gently rise. Observe how your navel moves away from your spine.
 5. As you exhale, notice how your belly releases inward and your hands gently fall. Observe how your navel moves toward your spine.
- Continue for a few more slow, full breaths, watching this gentle rise and fall. Avoid pushing your belly out or straining. Be patient and relaxed. Your body knows how to do this.*