



THE LAW ENFORCEMENT SURVIVAL INSTITUTE

Mini Discussion Worksheet

STAFF DISCUSSIONS ON ORGANIZATIONAL WELLNESS TOPICS

"Blue Trauma Syndrome"

In my book *Armor Your Self: How to Survive a Career in Law Enforcement* I challenged our profession to create an on-going discussion about the negative impacts our work has upon our physical, mental, emotional and spiritual well-being. For the purposes of that discussion I called this phenomenon Blue Trauma Syndrome, or BTS for short. I define BTS as "a spectrum of negative physical, mental, emotional, and spiritual health-effects manifested by a career in law enforcement". Blue trauma syndrome most certainly has its roots in large or cumulative doses of negative occupational stress and manifests many negative physiological, mental, emotional and spiritual symptoms. The key point to understand in my creation of the concept of Blue Trauma Syndrome is not so much as to truly define it as much as to discuss it, become aware of it, and to find ways to prevent it's cumulative effects, whatever you call those cumulative effects.

What is this phenomenon that erodes police officers and other emergency workers from the inside out?

We train for attacks from the outside but what are the hidden dangers that attack us from the inside?

What causes Blue Trauma Syndrome?

What negative effects does Blue Trauma Syndrome cause? Does it have any positive impact?

How do we treat or re-mediate the effects of Blue Trauma Syndrome?

How do we prevent the effects of Blue Trauma Syndrome?

What systems can we put in place within our agency to minimize the impact of Blue Trauma Syndrome?

The Law Enforcement Survival Institute (LESI) as an assessment, consulting and training organization that is available to help you build your wellness systems in many ways? We have a variety of products and services, including self-paced Do-It-Yourself materials that can help agencies of any size and any budget build out a comprehensive wellness system. Visit: www.LawEnforcementSurvivalInstitute.org to learn more about our training, consulting and DIY products.