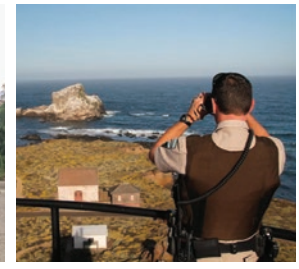
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U.S. Department of the Interior

Mental Health & Wellness for Law Enforcement



Cultivating a Culture of Wellness & Support

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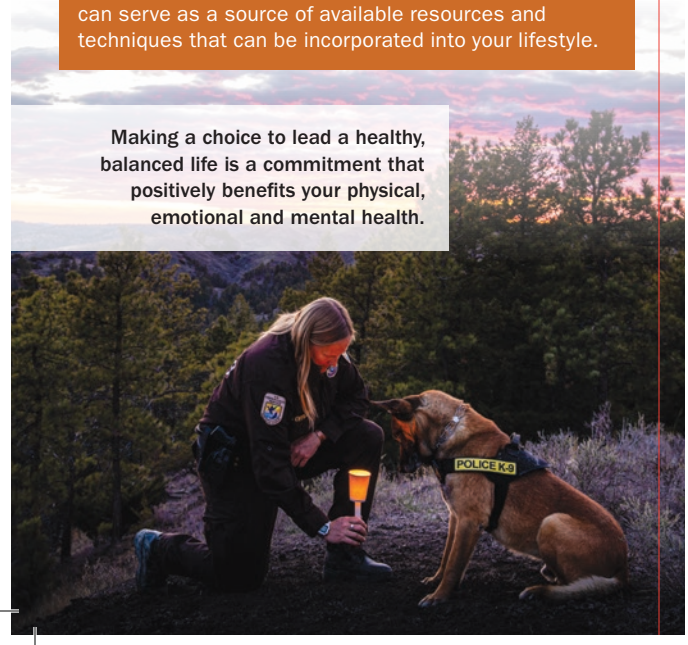
Introduction

This guide was written with the deepest respect for those who serve in law enforcement in challenging, difficult and often dangerous positions. Your wellness matters and has a profound connection to public service and trust.

The information contained in this guide is a quick reference tool that can have significant impact on the lives of people who are suffering with mental health challenges or stress, or who may be in a suicidal crisis. Support is available, and there is help and ways of coping with these issues in today's world.

Your wellness journey is unique to you and this guide can serve as a source of available resources and techniques that can be incorporated into your lifestyle.

Making a choice to lead a healthy, balanced life is a commitment that positively benefits your physical, emotional and mental health.



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Stress Control & Resilience

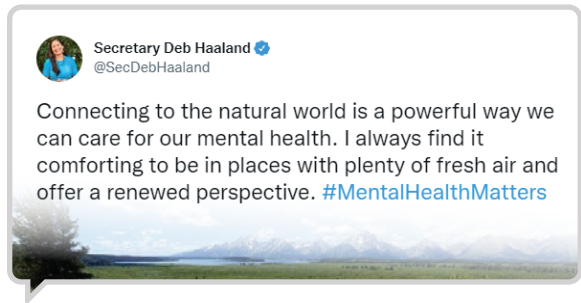
What Is Stress?

Stress is a state of physical and mental arousal and is a normal and necessary part of life. Stress helps you make choices, develop plans, change your behaviors and begin new activities. Since stress can give you energy and the drive to be your very best, it can be a very positive force.

Most stress reactions are good. In fact, increased levels of cortisol, also known as the stress hormone, are key when responding to stressful or life-threatening events. However, sustained high levels of cortisol are unhealthy and can have a negative impact on our physical and/or emotional health, resulting in a **stress injury**. We need to signal an "all clear" to have these levels drop. For more on stress reactions, flip to the "Stress Continuum Model" section in this tab.

QuickNote

Stress happens; you don't have to go it alone. Connect with family, friends, coworkers, clergy and trained professionals.



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Common Sources of Stress

Today's workplace is more dynamic and demanding than ever before. Law enforcement officers and the first responder community are mission focused and are steadfast to get the job done. Throughout your day, it is likely that someone or something is going to stress you out, which may cause you to unravel. The "unraveling" may be minor at first, but over time it can become an issue. Everyone has experienced stress that creates internal and external chaos. Learning how to deal with these issues will improve your wellness.

Understanding the common general and specific stressors listed below can help keep your reactions balanced and healthy.

Personal features or situations contributing to stress:

- Unrealistic and high personal standards and goals
- Personal beliefs that conflict with reality
- Unresolved childhood issues
- Unusual willingness to take risks
- Attraction to exciting activities
- Drive to be in control
- Excessive desire to do a perfect job
- Being extremely detail-oriented

Family-related causes of stress:

- Differences in personal values, needs and goals
- Major life changes
- Family conflict
- Raising children
- Threats and losses to the family, including illness, death, damage to the home, financial difficulty or a change in environment
- High level of family and home responsibilities

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Work-related causes of stress:

- Training accidents, injury or illness
- Moving to new assignments
- Uninformed, unrealistic and unsupportive public attitudes
- Separation from family and friends
- Media reports of wounded or killed police officers
- Living and working in close quarters with others
- Lack of information
- Responsibility for the life and safety of others
- Incidents involving use of force
- Traumatic exposures
- Internal investigations
- Moral and mission injury

Signs of Stress

Physical

- Fatigue
- Insomnia or sleeping more
- Nightmares
- Chills
- Nausea
- Changes in appetite
- Withdrawal
- Anger, irritability or aggression
- Increased breathing or heart rate
- Extreme yawning (often a sign of unsuccessful coping with stress)
- Restlessness

Emotional

- New fears
- Anxiety
- Depression
- Feelings of guilt
- Emotional numbness
- Feelings of helplessness
- Amnesia

Mental

- Confusion
- Trouble concentrating
- Trouble making decisions
- Forgetfulness
- Continuously thinking of the incident

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How to Manage Stress

Building wellness and resiliency within ourselves and our teams will help to manage stress. While this is a personal journey and commitment, wellness is a multi-dimensional process. Each aspect provides unique opportunities to make positive changes to regulate the amount of stress in our lives.

QuickFlip

To find out about the various wellness categories, flip to the "Wellness" section in the "Health & Well-Being" tab.

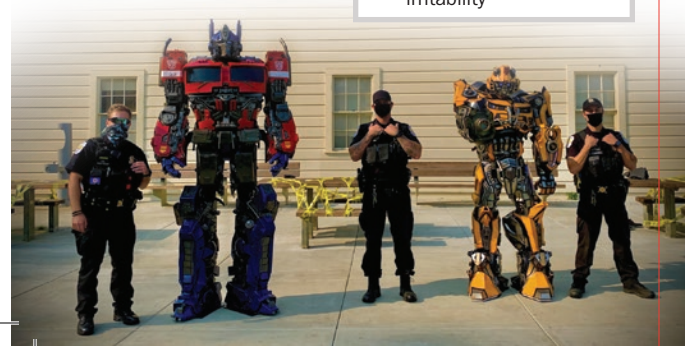
The following strategies can help you better manage the stressors of everyday life:

1 Diet

Poor nutrition and bad eating habits can compromise performance, stamina and stress tolerance. Caffeine, alcohol, refined sugars, fats and excessive salt elevate stress levels and should be avoided or limited.

Caffeine:

- Elevates blood pressure and heart rate
- Increases the need for oxygen
- Stimulates the heart and central nervous system
- Causes nervousness, sleeplessness and irritability



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2 Exercise

Exercise is an essential part of physical, mental and emotional well-being.

Regular exercise:

- Increases muscle strength, lung capacity and physical stamina
- Lowers blood pressure and increases blood flow to tissues
- Improves sleep
- Lowers weight and cholesterol levels
- Reduces the potential for injuries and their severity, should they occur
- Reduces the level of stress chemicals in the body



QuickFlip

Flip to the “Health & Well-Being” tab for more information on physical fitness.

3 Positive Mental Attitude

Know that your contributions are valuable. Positive thinking allows you to feel more confident, improves your patience with yourself and others, and helps you manage difficult days. Understand that clear thinking keeps emotions controlled and useful.

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4 Spirituality

Spirituality and personal beliefs are effective in stress management. People who have faith or practice meditation tend to cope better and longer with high levels of stress.

5 Relaxation

Relaxation does not mean passively sitting and resting. Relaxation is a deliberate and purposeful quieting of the mind and body. It stimulates the production of helpful hormones to neutralize the harmful chemicals produced by excessive or prolonged stress.

QuickFlip

Flip to the "Health & Well-Being" tab for more information on mindfulness and relaxation techniques.



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Deep Breathing

1. Take three very deep breaths.

- Inhale as deeply as possible through your nose. Hold the breath for five seconds and release it forcefully through pursed lips
- Pause for five to 10 seconds between each very deep breath, breathing normally while resting
- Relax your body as much as possible

2. Take three deep breaths.



- Inhale through your nose and hold for up to 10 seconds
- Continue to relax your body
- Exhale forcefully through pursed lips
- Rest and breathe normally between breaths

3. End with three normal but full breaths.

- Inhale through the nose. Hold for 10-15 seconds
- Exhale forcefully through pursed lips

6 Work-Life Balance

Balance home life, recreation and work. Create downtime so you can take care of your mental and physical health.

Care for your family, your spouse, your children, your friends and yourself.

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7 Stress Coping Techniques

Use "**STRESS**" techniques:	
S	Sensible eating
T	Time to enjoy life
R	Rest and relaxation
E	Exercise and education
S	Social support
S	Self-expression and spirituality

Avoid negative coping techniques:

- ✕ Abusing alcohol, drugs or other substances
- ✕ Avoiding distressing circumstances and hoping that they will just go away
- ✕ Denying your pain and problems
- ✕ Playing mind games or making everything into a joke
- ✕ Disguising your problems with arrogant behavior

8 Alcohol & Tobacco Dependence

Alcohol:

- Negatively impacts performance, behavior, judgment and physical coordination
- Reduces levels of vitamins B and C, making the body more vulnerable to stress and disease
- Suppresses rapid eye movement (REM) sleep, which is vital for your ability to naturally process traumatic experiences

Smoking:

- Carries major health risks
- Enhances stress reactions (like caffeine)
- Depletes vitamins C and E, increasing the body's vulnerability to illness and disease

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TAB 3

Stress Continuum Model

Adapted from Combat and Operational Stress First Aid by Laura McGladrey | responderalliance.com

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Traumatic Stress

Resilience helps restore people to normal and ready function after stress reactions. Reactions to severe stress can impair and injure a person's ability to respond to further challenges. Critical stress disrupts performance and threatens health and may leave permanent psychological scars if not "cared for" and managed.

QuickNote

A traumatic event for one responder may be a routine event for another. Everyone reacts to traumatic events differently. It's important to talk about it and normalize the conversation.

How do we stay healthy?

Active coping triggers resilience and enables you to feel less helpless. It restores you to full service more quickly. People who are actively coping:

- Know that stress reactions begin as normal human responses but may become a problem if not managed properly
- Understand that resilience does not mean you don't experience stress
- Practice active coping long before a traumatic event by adapting to daily problems and making the best of uncomfortable situations
- Take personal steps (rest, nourishment, connection with loved ones, etc.) to manage stress reactions
- Support one another and recognize when a person is not improving
- Seek assistance and raise awareness

QuickTip

Loss of appetite and/or sleep, reliving the experience and lack of engagement can occur three to five days after a traumatic event, and this is normal.

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Resilience

Resilience is the ability to bounce back after a traumatic experience and to keep going after exposure to a disturbing event.

QuickTerm

Resilience means having the mental, emotional, spiritual, physical and behavioral ability to face and cope with adversity, adapt to change, and recover, learn and grow from setbacks.

Why is resilience so important?

Resilient people are better able to recover from adversity. They train to improve their mental and emotional skills and behavior. Individual resilience can be built, maintained and strengthened when viewed as an enduring concept and acquired through regular training.

How is resilience developed?

Resilience is impaired if resistance has not been carefully developed. Stress information and the immediate support provided by a crisis response team are critical to building resilience and restoring law enforcement to optimal performance.

The following are some keys to stress resilience in law enforcement:

- A positive attitude
- Self-confidence (not arrogance) and a can-do approach
- Education, training, practice and experience
- Courage to take on difficult tasks
- Faith in leadership, fellow officers and oneself
- Internal belief that the job is valuable and important
- Receiving recognition for contributions

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Suicide

Suicide comes about when people are critically stress injured in intensely emotional states. They can't clearly think their way out of situations, relying on negative coping techniques (or numbing tools) to survive daily. They lose hope and see no resolution to their difficulties. Suicide may appear to be the only way out of their overwhelming pain and frustration.

For law enforcement and other first responders, the stigma towards people with mental health issues can be an obstacle to treatment. Not wanting to call attention to their struggle and preferring instead to focus on the job, many do not acknowledge that they might need treatment or that their symptoms may be complicating their ability to function.

In fact, studies have shown that police officers rarely seek help from psychologists or psychiatrists, even when they have serious thoughts of suicide.



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Causes of Suicide

It is rare to find a single cause of suicide. In most cases, many factors combine.

Here are some potential reasons for a suicide:

- Social isolation and loneliness
- Intense loss and grief feelings caused by the death of a loved one or the breakup of a relationship
- Severe family, work, financial, legal or social problems
- Alcohol or other substance abuse
- Severe depression and/or chronic stress
- Issues with domestic violence
- Post-traumatic stress disorder (PTSD)
- Low self-esteem
- Difficulties dealing with life changes
- Serious illness
- Loss of hope
- Intense embarrassment or humiliation
- Overwhelming guilty feelings when one's actions have caused or are perceived to have caused the serious injury or death of a colleague or friend

QuickAlert ⚠

If you are feeling depressed or suicidal, a trained counselor is available 24/7 at the National Suicide Prevention Lifeline. Call: **800-273-TALK (8255)**

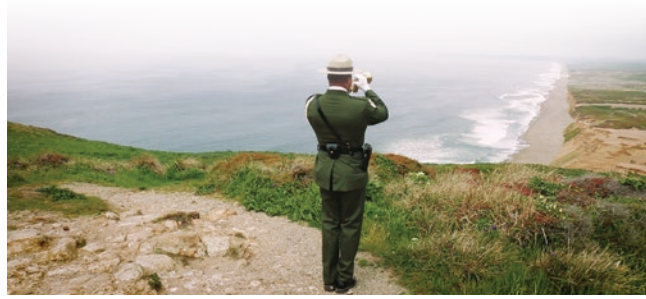
Chat: **https://suicidepreventionlifeline.org/talk-to-someone-now**

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Motivations for Suicide

- To avoid or end perceived pain
- To gain attention
- To be perceived as a martyr for a cause
- To avenge a perceived wrong
- To express grief over a change in a relationship
- To escape an intolerable situation or problem
- To manipulate others
- To relieve the feeling of being a burden on others
- To avoid humiliation



QuickTip

You're not alone. You're surrounded by resources that can help you through a difficult time. **Let's normalize the conversation.**

- Reach out to trusted family members or friends
- Speak to someone in your Human Resources department
- Discuss your concerns/symptoms with your doctor
- Ask for guidance from a leader in your spiritual community

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Suicide Warning Signs

Suicide warning signs may be obvious, hidden or mixed.

Obvious warning signs are those that are clear to others.

- Direct statements about suicidal intent: "I am going to kill myself"; "I'd be better off dead"
- Making preparations for death in the very near future (e.g., buying new clothes to be buried in)
- Having weapons visible; drinking excessively
- Greater levels of obvious risk-taking that are seen by others and cause concern

Hidden warning signs are not so obvious to other people.

- Extended loneliness caused by living alone
- Withdrawal from friends and family
- Excessive spending without the financial ability to cover the expenses
- Giving away personal possessions
- Feeling rejected or as if no one cares
- Changes in personality
- Thinking about death frequently
- Making a will impulsively

Mixed warning signs are those that can be either obvious or hidden.

- Loss of clear thinking
- Rigid thinking, when a person is unable to problem-solve or find alternative solutions to a problem
- Frustrations with everyday living
- Elevated anxious feelings
- Feeling out of place, sad, upset or confused

QuickNote

Suicidal crises can be overcome. Suicide is **never** the answer. Getting help is the answer.

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Suicide Prevention

To prevent a suicide, we must:

- Know the warning signs
- Talk openly with the person
- Show care and concern
- Take the person seriously
- Seek professional help

Suicide Prevention for Law Enforcement Agencies

The Police Executive Research Forum (PERF) developed 10 recommendations for law enforcement agencies to help prevent police suicides and improve officers' overall mental health:

1. **Data collection:** Obtain complete information about the extent and nature of police suicides.
2. **Psychological autopsies:** Gather data on police suicides and use it to develop policies and programs.
3. **Mental health checks:** Offer regular mental health checks for all employees.
4. **Leadership:** Law enforcement chiefs and supervisors should speak out about police suicides within their agencies and in the community.
5. **Gun removal:** Create policies on removing an officer's firearm to minimize suicide risk without discouraging them to get help.
6. **Confidential support:** Offer programs to assist officers who need help and train employees on how to access these services.
7. **Accessible tools:** Provide confidential, easy-access tools for officers to assess their well-being and get referrals for support.
8. **Partnerships:** Form regional partnerships for peer support and Critical Incident Stress Management programs.
9. **Communication plan:** Plan how to provide information to employees/community following an officer suicide.
10. **Family support:** Offer support to surviving family members following a police suicide.

For more information, visit: **www.policeforum.org**

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Suicide Intervention

General Guidelines

- Start the intervention immediately after the threat is recognized
- Be patient. Don't rush the person
- Be calm and flexible
- Know your objectives
- Be direct in your questioning
- Guide the person in defining the problem
- Focus on the main issue
- Emphasize the temporary nature of the problem
- Explore possible solutions
- Identify reasons to live
- Aim at reducing pain, pressure and agitation
- Aim at resolving the immediate crisis or referring the person for professional assistance

QuickStat

More officers die by suicide each year than are killed in the line of duty. The risk of suicide among police officers in the U.S. is 54% greater than among other Americans.

QuickNote

If someone close to you is showing symptoms of suicide, call the National Suicide Prevention Lifeline at: **800-273-TALK (8255)**

Do not:

- ✕ Sound shocked
- ✕ Promise anything you can't guarantee
- ✕ Overlook the signs of suicide
- ✕ Argue with the person
- ✕ Argue about moral issues
- ✕ Leave the person alone
- ✕ Agree to keep the suicide threat a secret
- ✕ Remain the only person providing help (Get other resources involved as soon as possible.)

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Health & Well-Being

Wellness

Wellness means making the right choices to live a healthier, happier life. You might lead a healthy life by eating a balanced diet and exercising often, but what is the status of your emotional wellness? How are you coping with the factors that impact your day-to-day life? Pursue healthy ways of rejuvenating your mind and spirit. Connect with others and focus on your wellness.

QuickTip

Take a break. Limit your exposure to news updates by refraining from turning on the news or by setting a time frame after which you will disconnect from the news/social media for the day. Staying informed is important, but too much information can be overwhelming and impact overall family wellness at home.

Wellness Categories

Maintaining emotional wellness requires you to constantly perform reality checks on the various aspects of your life. Is your life in balance or is it off-kilter? What can you do to find balance? Relax and take a few moments to think about what gives you a sense of purpose and fulfillment. Think about what brings you happiness, joy and satisfaction in your life.



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Here are a few categories you may want to focus on:



Emotional wellness: Life can be difficult for everyone at times. Try not to focus on negative events, but on how you can deal with what happened. Give yourself credit for the good things you have done each day.



Physical wellness: Physical health is important for everyday functioning. Make sure your physical exams are up to date; eat a balanced diet; engage in moderate physical activity at least three times per week; and get at least seven hours of sleep each night. Commit to making small changes that can be incorporated into your lifestyle. Flip to the "Physical Fitness" section in this tab for more information.



Social wellness: Establishing social support networks is vital to wellness. Social supports present opportunities to learn something new about yourself and others around you. Having an outlet away from your daily activities can be beneficial. Social support systems can be as simple as doing activities with loved ones or joining a club with people who share your interests.



Occupational wellness: We all have different ambitions at work. Create a vision, develop goals and take advantage of career opportunities to achieve optimal wellness. Seek ways to stay healthy throughout your career. Making small changes can prevent negative stress from impacting your life.



Spiritual wellness: Spirituality is the driving force to total wellness. Spiritual wellness refers to your value system (ethics, moral compass), your search for meaning in life and your connection with others.

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Wellness Wheel

Wellness Wheel

There are several approaches you can take to assess your current state of wellness and decide whether you want to and are ready to make a change. Wellness is made up of a number of factors, as can be seen on the Wellness Wheel below:

Physical

Physical growth occurs when you incorporate physical activity into your everyday life and gain a sense of achievement in taking care of your health.

Emotional

Emotional growth occurs when you pay attention to your feelings and understand why you are having them. Feelings help you understand your perceptions and if they are accurate or not.

Social

Interacting with your peers supports your social wellness.

Social growth occurs as you show compassion and kindness toward the concerns or interests of your friends.

Spiritual

Applying values and working out the difference between right and wrong through discussion enhances your spiritual wellness.

Spiritual growth occurs as you contemplate your experiences and feel grateful for the fortune in your life.

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Physical Fitness

Physical fitness is a state of health and well-being that allows you to perform activities with ease. Physical fitness is achieved through proper diet, exercise and rest.

Physical fitness is especially important for law enforcement and security officers. Fit officers have increased flexibility, faster recovery from illness or injury, improved endurance, and often face less resistance from offenders.



Fit for Duty, Fit for Life!

QuickFact

Officers who are physically fit are more confident about their ability to handle a job, make better decisions about which level of force is appropriate to a situation, and it helps them relax and suffer less stress.

Moore, C. (2006, September). Fit for duty. How to train for the real deal. Retrieved July 6, 2008, from Officer.com website.

Neglecting one's physical health can lead to serious complications over time, such as the following:

- Heart disease
- High blood pressure
- Weakened immune system
- Asthma
- Obesity
- Gastrointestinal problems
- Premature death

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Benefits of Physical Activity

Getting regular physical activity is one of the best things you can do to stay healthy. People who are physically active often live longer and have a lower risk for health problems.

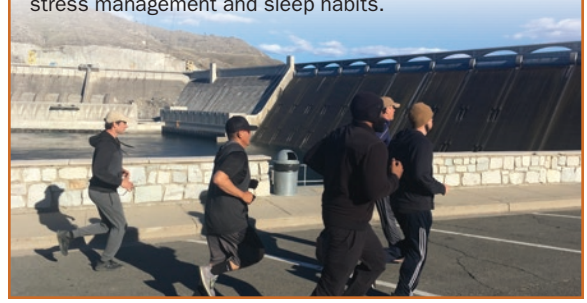
Perks and rewards include the following:

- Staying in shape, getting stronger and boosting energy levels
- Improved heart health and prevention of some cancers
- Better sleep and a better mood
- Feeling good about yourself and looking your best
- Aid in weight management

Law enforcement has unique stress patterns that rapidly change in situations. According to one study, between 25% and 30% of police officers have stress-based physical health problems, most notably high blood pressure and coronary heart disease. Heart attacks are consistently in the top two or three categories of police line-of-duty deaths.

QuickTip

Officers can lower the risk of heart disease with regular exercise, routine health screenings, and proper nutrition, stress management and sleep habits.



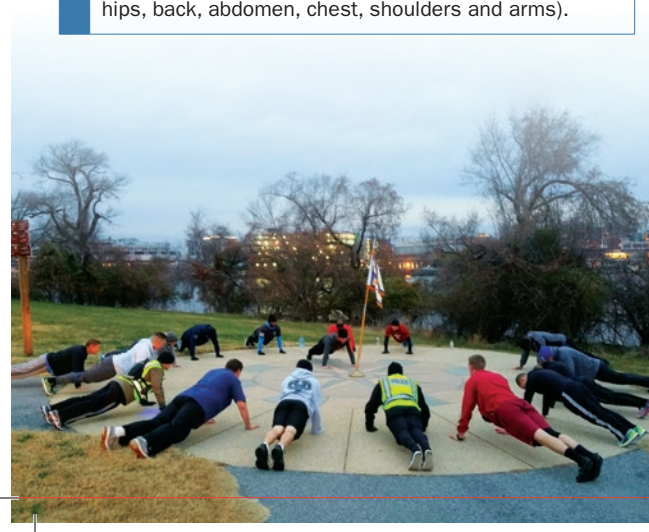
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Types of Physical Activity

You need to do two types of physical activity each week to improve your health – aerobic and muscle-strengthening.

Option 1	Two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (e.g., brisk walking) every week For even greater health benefits, increase this to five hours (300 minutes).
Option 2	One hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (e.g., jogging or running) every week For even greater health benefits, increase this to two hours and 30 minutes (150 minutes).
Option 3	An equivalent combination of both moderate- and vigorous-intensity aerobic activity Perform muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).



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Caring for Your Body

The following are additional ways you can care for yourself and maintain your physical health:

- **Stay hydrated:** Drink about eight glasses of water each day. Don't wait until you are thirsty to drink.
- **Eat a healthy diet:** Avoid processed, high-calorie and low-nutrient foods. Include more fruits, vegetables, nuts, whole grains, fish and healthy fats into your diet. Eat three to five small meals per day to avoid fatigue and unhealthy snacking.
- **Sleep:** Most people need seven to nine hours of sleep each night to function at their best.
- **Exercise is a good way to let out stress:** Do so moderately and regularly for at least 30 minutes a day. Remember: You don't need to join a gym to get moving. Take a walk with the dog, try body-weight exercises or do a yoga video at home.

QuickTip

There are many free fitness mobile apps (HIIT, yoga, running, cycling, etc.) that can help you build an exercise routine that works for you. Browse your mobile device's app store to find one that interests you.

- **Practice some form of relaxation and mindfulness every day:** Deep breathing, meditation, yoga, stretching, positive visualization, a warm bath or shower, soothing music, prayer, etc.
- **Avoid excessive alcohol use, illegal drug use, prescription drug abuse and smoking.**
- **Prevent small problems from becoming big ones** by getting regular checkups. Getting checked out when something doesn't feel right isn't weak – it's smart.

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Mindfulness

Mindfulness is a practice that helps people fully experience life through listening to and being aware of their thoughts, emotions, sensations and experiences in the moment. Practice mindfulness to improve your mood, decrease your stress level and understand others' points of view.

Mindfulness is different for every person. What might work well for one person may not work well for another; it's a very individual process.

Meditation: To relax your mind, focus on and repeat a word, a phrase or an image that relaxes you. Engage in something repetitive that involves focus or concentration, but that can also calm and soothe you. Sit still and count silently from one to 100 while breathing with a slow, even rhythm or rate. The benefits of meditative thinking include calmer thought patterns, regular and relaxed breathing as well as decreased muscle tension. Researchers have found that meditation improves attention and concentration, clarity of thinking and sleep.

Tai chi/yoga: Try tai chi and/or yoga to improve your emotional wellness. Researchers have found that practicing yoga can have positive effects on a person's energy, mood and ability to relax. Yoga has also been found to reduce anger and back pain.

Tai chi and qigong are martial arts that improve your focus by using special breathing techniques and physical movements. Researchers have found that these forms of exercise produce a variety of health benefits, such as improvements in mental and emotional health, immune function, sleep, coordination and balance, bone health and decreased pain symptoms.

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Resources

Department of the Interior Employee Assistance Program

ESPYR
IMAGINE. ACHIEVE. CONQUER.

Free and confidential assistance available 24/7
Phone: **800-869-0276**
App: **ESPYR Connect**
Web: **www.espyr.com** (log in using DOI password: interioreap)

Hotlines

National Suicide Prevention Lifeline

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255)

800-273-TALK (8255)
https://suicidepreventionlifeline.org/chat
https://suicidepreventionlifeline.org

Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline

Information on services and treatment referrals

800-662-HELP (4357)
www.samhsa.gov/find-help/national-helpline

Safe Call Now

Free 24-hour confidential hotline referral service focused on public safety employees. It is staffed by public safety employees who understand the demands of this profession and the stressors that go with it.

206-459-3020
www.safecallnowusa.org

The appearance of additional resources in this guide (outside of DOI-contracted EAP services) does not imply or constitute DOI endorsement.

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Copline

Free 24/7 peer support/crisis intervention for police officers and family members

800-COPLINE (267-5463)

www.copline.org

Resources & Programs for Veterans

Veterans Crisis Line

800-273-8255, press 1

Defense Suicide Prevention Office

Department of Defense (DoD) resources, programs and information

www.dspo.mil

Information & Training

Check with your Bureau programs for additional resources

Warriors Heart

Support program addressing post-traumatic stress disorder (PTSD), addiction and chemical dependency treatment for active military, Veterans and first responders

www.warriorsheart.com

National Alliance on Mental Illness (NAMI)

Law enforcement-specific support and information

www.nami.org/advocacy/crisis-intervention/law-enforcement

National Police Suicide Foundation

www.psf.org

The International Association of Chiefs of Police (IACP)

www.theiacp.org/topics/officer-safety-wellness

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International Critical Incident Stress Foundation (ICISF)
https://icisf.org

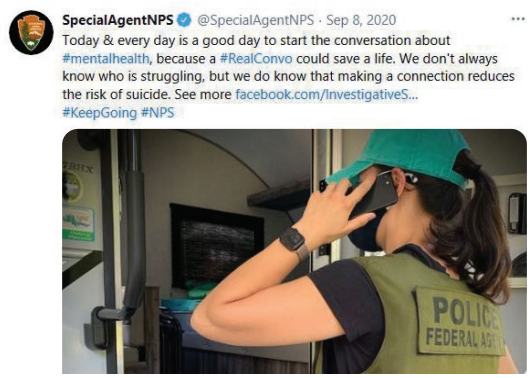
Blue H.E.L.P.
https://bluehelp.org

Apps

Valor for Blue
Officer Safety and Wellness Program
www.valorforblue.org/Home

MyLife Meditation
Free meditation app
https://my.life

Healthy Minds Program
Free app for guided, mindful meditation
https://hminnovations.org/meditation-app



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U.S. Department of the Interior

MENTAL HEALTH & WELLNESS FOR LAW ENFORCEMENT

Law enforcement officers regularly encounter stressful situations in the line of duty. This guide addresses strategies for stress management and the maintenance of overall well-being for those in the Department's law enforcement and security programs.

- Stress and resilience
- Suicide prevention and intervention
- Emotional wellness
- Physical health and fitness



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