

# Resilience Advantage™

Building Stress Resilience  
& Optimizing Performance

## Performance under pressure

The evidence-based Resilience Advantage Training Program strengthens operational stress resilience and promotes optimal performance. Officers learn to sustain clarity and composure – in routine situations or under the pressure of complex and rapidly changing environments.

HeartMath® Institute  
expanding heart connections

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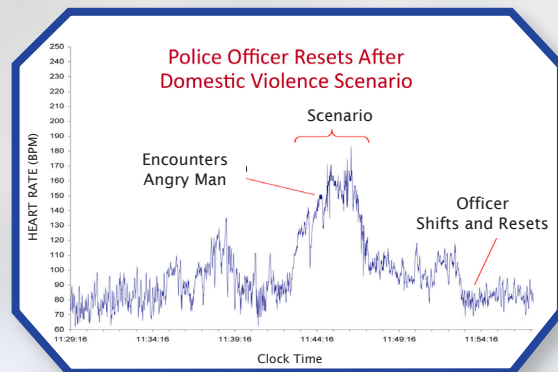




## Rapid Recovery and reset after critical incidents

Even daily routine calls, let alone the more stressful incidents in police work, can cause an extreme degree of physiological stress from which officers must recover. Unfortunately, most do not have the skills to do this efficiently and effectively.

The Resilience Advantage Training Program teaches officers how to maintain inner balance, mental clarity and the critical skills of rapid recovery and reset, both physiologically and psychologically, after stressful and challenging events. Officers who employ energy self-regulation techniques to quickly regain composure are better prepared for whatever comes next.



*The graph above, from a study of police officers, illustrates an example of an important benefit gained by learning and practicing the self-regulation techniques: the ability to quickly reset after critical incidents and challenging situations. Before the training, it took on average, over one hour for officers' heart rates to return to their normal baseline rates. After training, the officers were able to quickly reset and bring their heart rates back to their normal baseline rates in a matter of minutes.*

## Intelligent Energy Self-Regulation is a force multiplier



The energy self-regulation techniques taught in the Resilience Advantage Program have been shown in numerous studies to promote a shift in physiological functioning to a more optimal state, called *coherence*. In addition to increasing individual and team resilience, practicing these coherence-building techniques offers a wide range of long-term benefits, including improved focus, situational awareness and physical performance.

Participants are better able to maintain their composure while on the job as well as rapidly recover and reset after incidents, improve reaction times and coordination, and think more clearly under pressure. All of these qualities help your department members maximize their effectiveness.

As officers learn to *take charge* of and regulate energy-draining stress reactions such as impatience, frustration, anger, reactivity and anxiety, they heighten their ability to successfully engage, communicate and interact with others.

# Risk Management

## through improved judgment and adaptive thinking

The inability to effectively manage stressful reactions has its most dangerous consequences in the line of duty, where reaction speed, coordination and the capacity to make rapid decisions and accurate judgments under pressure are critical. Mental and emotional stress can significantly compromise these abilities. Officers who are unable to take charge of their stress responses are much more likely to lose their inner balance and composure. This increases the likelihood of poor decisions, and in extreme cases, dangerous driving and excessive force.

Practicing the HeartMath tools taught in the Resilience Advantage Program will lead to other important benefits for your department's officers, including increased emotional awareness, resilience, vitality, overall well-being and cognitive flexibility, and enhanced problem-solving and decision-making. This translates into improved judgment and adaptive thinking, especially in challenging and complex situations.



*"My thought process now is much clearer and my energy level is not depleted by the end of the workday, as I now practice the techniques throughout the day. The results are remarkable. I have more energy, clarity and an overall feeling of confidence."*

— Donna Blondeau, Moose Jaw Police Services,  
Saskatchewan, Canada

## Engage and Retain

### your officers and have them perform at their very best

Research in police and correctional organizations has shown that HeartMath training significantly improves employee retention, job satisfaction and well-being and reduces:

- ▶ Absenteeism
- ▶ Health-care costs
- ▶ Stress
- ▶ Communication glitches
- ▶ Anger
- ▶ Cynicism

All of these benefits are directly related to engaging, retaining and insuring your team members perform at their very best.





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## Take Charge

### Maintain Composure and Optimal Performance

*"Last week I was in a situation in which a person squared off on me and started reaching in his jacket. I went to my heart breathing and activated coherence, and never felt anything but calm. As I noticed the sirens of my backup arriving, I realized my heart was beating slowly. Every other time that has happened, I basically screamed for backup and it took me a whole day to calm down. When my Captain got there, he said he thought I was kidding when I put out the call because I sounded so calm on the radio. He asked what I'd been doing differently. This stuff is for real."*

— Officer, San Diego PD

### Certification and Delivery Options

- ▶ A HeartMath Master Trainer will train and certify one or more of your representatives to provide this training to your staff.
- ▶ Your Representative can be trained as a resilience coach/mentor.
- ▶ Resilience Advantage workshops are also provided as part of the Blue Courage Program: [www.bluecourage.com](http://www.bluecourage.com)

### Contact Us to Define a Program for Your Specific Needs:

(831) 338-8759 Ask for Brian Kabaker  
email: [bkabaker@heartmath.org](mailto:bkabaker@heartmath.org)  
[www.heartmath.org/responders](http://www.heartmath.org/responders)

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