Stress and the Mind-Body Connection

What causes stress?
Major birthday coming up? Making a presentation at work? Preparing for the promotional process? Caught in traffic? Micro-managed by your boss? These are some of the everyday events that can cause stress, making you anxious, tense, angry, or afraid.

Stress can come from bigger events, too, such as a new job, divorce, or the death of a loved one. In short, you can’t avoid stress. But learning how to manage it can improve your emotional well-being and your physical health.

Stress and your body
When you’re under stress, your body releases chemicals (namely cortisol and adrenaline) that activate a “fight or flight” reaction. These chemicals affect every organ in your body and can cause increased heart rate, muscle tension, and insulin secretion, as well as a decreased immune response and libido.

Once the stress passes, these chemicals return to normal levels. But consistent stress can contribute to health problems, including headaches, muscle pain, allergy-like reactions, memory difficulties, and high blood pressure.

Take control of your life.
Your thoughts, moods, attitudes, and behaviors have a big influence on your overall health. Understanding how your mind affects your body can help you reduce the effects of stress. Take control of your words and actions, and resolve to make healthy changes in your life.

These simple steps can help you reduce and manage stress on an ongoing basis:
Exercise and eat a balanced diet
Manage your time
Set realistic goals and expectations
Take time for yourself
Stay positive
Try to accept what you cannot change. Of those things you can change, try to decide which are really important to you and focus on those.
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Learn to Relax
Alongside making healthy lifestyle choices, indulging in simple pleasures can do a lot to help you stay relaxed, happy, and healthy on a daily basis. Here are some relaxation techniques you can use every day:

- Practice deep breathing, meditation, prayer, or guided imagery.
- Take a nap or a hot, soothing bath.
- Curl up and read a good book.
- Watch a funny movie or your favorite TV show.
- Start a small garden or grow an indoor plant.
- Go for a walk or play with a pet.
- Listen to your favorite music.
- Call a friend or family member to chat.
- Write in a journal.

Make some Healthy Changes.
You probably have some ideas about how you can improve your health and change your life for the better. But even when you know the importance of making a change, there’s often a gap between thinking about it and actually doing it. Understanding your thoughts about changing can help bridge that gap and increase the odds that your efforts will be successful and lasting.

Start by evaluating how ready you are to change. Are you still reluctant to make a change, are you just beginning to consider changing, or are you prepared to take action now? This will help you decide how to formulate your plan. Many big changes like quitting smoking or losing weight happen as a result of a series of small steps. Instead of worrying about the ultimate goal, try to focus on getting to the next step. And choose strategies that are likely to be most effective for you. Small achievements along the way can help motivate you to keep going.

Whether you want to break a bad habit or start a healthy one, your way of thinking can set you up for success and a healthier way of life.

Stressed or Depressed?
Sometimes what feels like stress is actually depression. Overlapping symptoms include trouble sleeping, irritability, restlessness, trouble concentrating, sluggishness, and changes in appetite. These symptoms may indicate clinical depression if you experience them consistently for two weeks or more. Signs of depression may also include feelings of worthlessness, being sad all the time, and thoughts of death or suicide.

If you think you’re depressed, talk to your doctor or other mental health professional (such as FOCUS 858-565-0066). The sooner you get treatment for depression, the sooner you can start feeling better, in both mind and body. Depression isn’t a sign of weakness; it’s a medical condition that often is successfully treated.

Learn More
Check out kp.org/mindbody for more tips on how to stay healthy in mind, body, and spirit. Thanks to KAISER PERMANENTE® thrive for this article.
Lt. Colonel Grossman FREE Seminar on April 16th

The Drug Enforcement Administration in co-operation with the San Diego Police Department’s Wellness Unit are pleased to announce Lt. Col. Dave Grossman will conduct a free training seminar on April 16, 2012, from 9:00am to 4:00pm at the First Assembly of God, 8404 Phyllis Place, San Diego, Ca. 92123. The seminar is open to all department members. Lt. Col. Grossman’s first book, *On Killing: The Psychological Cost of Learning to Kill in War and Society* is an analysis of the physiological processes involved with killing another human being. In it, he reveals evidence that most people have a phobic-level response to violence, and that soldiers need to be specifically trained to kill. In addition, he details the physical effects that violent stresses produce on humans, ranging from tunnel vision, changes in sonic perception, and post-traumatic stress disorder. For more information go to www.killology.com

Meet Rebecca DeHamer, Nutritional Consultant

Greetings SDPD! My name is Rebecca DeHamer and I’d like to formally introduce myself as your Nutritional Consultant. I received my BA in Education and am currently pursuing my MS in Nutritional Science and certification as a Registered Dietitian through San Diego State University. Through my work, I stay abreast of the latest findings on controversial topics, as well as guidelines and practices being used clinically by health professionals. While I invest most my time talking about food and health, in my own life, I actively participate in regular running groups, cycling, partner dancing, wine tasting, and playing with my bulldog.

I had the pleasure of meeting some of you last Fall when I lectured about Healthy Eating during the Holidays. I am very excited to offer future lectures including these and many more:

- Techniques to Recognize and Avoid Stress Eating
- Quick and Easy Healthy Breakfast Options
- Food on the Go: Healthy Lunches for the Office or Even Your Car
- Healthy Dinner Solutions
- A Guide to Pre and Post Workout Foods
- Vitamin Supplements

As your Nutritional Consultant, my key role is to provide nutritional assistance to any and all within your community that request it. This can include something as simple as a quick email conversation or as involved as creating individual food plans.

I look forward to talking with you about the world of food, with all the pleasurable flavors and joys we have preparing and sharing it, in the hopes to promote balance and a healthy perspective. Please feel free to contact me with any questions, comments, or requests.

Rebecca DeHamer
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School of Exercise and Nutritional Sciences
San Diego State University
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Meet Rebecca DeHamer, Nutritional Consultant

Stop Teaching Our Kids to Kill

GLORIA DIOGAETANO and LT. COL. DAVE GROSSMAN

ON KILLING
The Psychological Cost of Learning to Kill in War and Society

BULLET PROOF MIND
The Psychological Cost of Learning to Kill

GOOD Nutrition PAYS
Meet our three new department Chaplains

**Rabbi David Kornberg**

Rabbi David Kornberg has recently joined our department’s Chaplain Program. Rabbi Kornberg has been a part of the San Diego community for many years. He graduated from UCSD and then, after a short stint on the East Coast, returned in 1999 as a Rabbi at Congregation Beth Am in Carmel Valley. Over the past decade he has helped to plant the seeds for a strong, growing and leaning community. Before coming back to San Diego, Rabbi Kornberg had the opportunity to touch many lives as a Hospital Chaplain and Director of Chaplaincy for the Jewish Federation of Middlesex County in New Jersey. Now, as Senior Rabbi at Beth Am, he brings those skills, among others, to the community at large. Rabbi Kornberg currently also serves as the President of the San Diego Rabbinical Association. He lives in Carmel Valley with his wife and his two children. He is currently assigned to Northwestern Division. You can reach him at rabbik@betham.com or 858-354-2533.

**Pastor Chris Chadwick**

Pastor Chris Chadwick has recently joined our department’s Chaplain Program. Chris Chadwick is Pastor of Canyon Baptist Church in the Linda Vista area of San Diego. Before coming to San Diego, he earned his degree in Pastoral Theology at Pacific Coast Baptist Bible College in San Dimas. He also worked as Youth Director of Calvary Baptist Church (now called Lighthouse Baptist Church in Laverne, Ca.). During that time he met and married his wife, Debbie, while a student at PCBC. After graduating, Chris and Debbie moved to Amarillo, Texas, where Chris worked as Youth Director and Assistant Pastor of Central Baptist Church for six years. In September of 2002, they relocated to San Diego to start Canyon Ridge Baptist Church. Chris has served as Pastor at Canyon Ridge ever since.

Chris enjoys basketball, Crossfit workouts, fishing and spending time with Debbie and his two daughters. He is very excited about serving as part of the Chaplain team. Chris is assigned to Western and Communications. You can reach Chris at chris.chadwick@canyonridgebaptist.com or 858-204-1565.

**Pastor Robert Cobb**

Pastor Robert Cobb is the last Chaplain to join our department. Rob grew up in the Inland Empire and has been living in San Diego since 1993. He married his wife, Janet, on June 3, 1995. They are blessed to have 5 beautiful children, ranging in ages from 2-14 years. Rob works full time at Mission Valley Christian Fellowship, where he has the privilege of teaching and managing the church. His children are his main hobby, along with sports. Rob is currently assigned to Central Division. You can reach Rob at robc@mvcf.com or 619-300-5020.
San Diego Law Enforcement & Emergency Personnel Prayer Breakfast

The 21st Annual Law Enforcement & Emergency Personnel Prayer Breakfast will be held on Friday, April 20, 2012, at the College Avenue Baptist Church, 4747 College Avenue, San Diego. The doors will open at 6:15am, and the event will run from 7:00am to 9:15am.

This year’s guest speaker will be World Trade Center survivor Stanley Praimnath.

Stanley Praimnath is an Assistant Vice-President with the Royal Bank of Scotland in New York. Mr. Praimnath was talking on the phone from his office on the 81st floor of Two World Trade the morning on September 11, 2001 when he looked out the window to see a United Airlines flight headed straight for him. He threw the phone, cried out to God and dove under his desk. The left wing sliced through his office and became lodged in a door twenty feet from him.

Our civilization forever changed that day and hearing Stan’s story will help you grasp even more what united, divided and spiritually infused into our psyche and identity that redefined society. Stan is co-author of the book "Plucked from the Fire."

Single Tickets $20/Table of 8 $160/Table of 10 $200 Tickets are available by contacting Chaplain Herb Smith at (858)486-1926 or online at www.sdclef.org

Department Chaplains

The San Diego Police Chaplain Program has been in effect for nearly 43 years. In 1969, Chief O.J. Roed, formed the first San Diego Police Department Chaplain’s Program. The original Chaplains were the Reverend H. Mike Mitschke (who is still with the program), Monsignor William Bergin, and Rabbi Aaron Gottesman. We currently have 17 active Chaplains with the program. The Chaplain’s held a full day of training on January 12th and covered the History and Philosophy of Chaplains, Confidentiality, attended a divisional line-up, and had an hour of testimonials from person who have benefitted from the Chaplains Program along with other training subjects covered during the day. Thanks to Det. G. Hassen for the above photograph of the Chaplains. The Chaplains are planning on continuing the training each year. The Chaplains volunteered just over 4500 hours in calendar year 2011 and responded just under 100 times for our department members. Make sure to take the time to thank our department Chaplains for all their volunteer work when you see them.
San Diego Police Department

Wellness Unit
Family Justice Center
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San Diego, California 92101

Captain Sarah Creighton
Phone: (619)533-6019
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Sergeant Tod E. Bassett
Phone: (619)533-3536
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SPOUSE SUPPORT GROUPS
www.sdleowives.org
www.wivesbehindthebadge.org
www.nationalpolicewivesassociation.org

Recommended Reading
The Survivor Personality, Al Seibert, Phd
Emotional Survival for Law Enforcement, Kevin Gilmartin, Phd
Processing Under Pressure, Matthew Sharps, Phd
METTLE, Mental Toughness Training for Law Enforcement, Laurence Miller, Phd
Warrior Mindset, Michael Asken, Phd
Mindsighting, Mental Toughness, Michael Asken, Phd
Force Under Pressure: Why cops live and why they die, Lawrence Blum, Phd
Stoning the Keepers at the Gate, Lawrence Blum, Phd
Sharpening the Warriors Edge, Bruce Siddle
Cop Shock, Surviving PTSD, Allen Kates
Into the kill zone, a cops eye view of deadly force, David Klinger
My Life for your Life, the pain behind the badge, Clarke Paris
I Love a Cop, Ellen Kirschman, Phd
Spiritual Survival for Law Enforcement, Cary Friedman

On Killing, Lt.Col. Dave Grossman
Bullet Proof Mind, Lt.Col. Dave Grossman
Stop Teaching our Kids to Kill, Lt. Col. Dave Grossman

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www.sdclef.org
www.fcpo.org
www.americanpolicechaplain.org
www.tenfourministries.org
www.responderlife.com
www.clesummit.org
www.code3im.org
www.livingshield.org
www.ifoc.org
www.internationalcopsforcrist.com
www.peaceofficerministries.org

Self Assessment
www.depression-screening.org
www.alcoholism-solutions.com
www.ncadd.org

Health Care Providers
www.kp.org
www.sharp.com
www.anthem.com/ca/alads
www.healthnet.com

PSYCHOLOGICAL SURVIVAL
www.badgeoflife.com
www.copsalive.com
www.psf.org
www.tearsofacop.com
www.thepainbehindthebadge.com
www.copline.net
www.safecallnow.org
www.copshock.com
www.heavybadge.com
www.nationalcops.org
www.spartancops.com
www.icisf.org
www.policesuicideprevention.com/id21/html
www.jimstonjournal.com/id46/html
www.focuspsychservices.com
www.forcescience.org
www.policeone.com

Phone Numbers

Wellness Unit
Captain Sarah Creighton (619)533-6019
Sergeant Tod E. Bassett (619)533-3536

Alcohol and Substance Abuse Program
Stephen Truss (619)517-7097
Deanna Dotta (619)857-5005

FOCUS Psychological Services
(858)565-0066