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## Stress Management CJSTC#050

This 40-hour salary incentive eligible program is designed to provide officers with the tools to help manage their stress. The course will examine common stressors for law enforcement practitioners and provide them with positive ways to address and manage those stressors. Those attending will be exposed to the benefits of nutrition and the various ways to improve their own nutrition. Attendees should bring work-out clothing, a towel and plenty of water or supplement drink.

100% attendance is required, and participants must achieve a minimum score of 80% on the written exam to receive a certificate of completion.

\*Wear or bring comfortable clothes.

### Course Topics Include:

- Assessment of Stressors
- Stress Reaction
- Substance Abuse
- Nutrition in Managing Stress
- Resources for Stress Management
- Dealing with Critical Incident Stress

### GENERAL INFORMATION

**October 21-25, 2024**

Time: 8:00 a.m. - 5:00 p.m.

Fees: Trust Funded

Registration: (727) 341-4492

Facilitator: Paul Althoff

Agency/Self-Registration

<https://spcollege.augusoft.net/>  
Registration & Hotel information

SEPSI Authorization form Required

*\*Priority for registration into this class is given to agencies within Pinellas County.*

*Remaining seats will be open to all agencies 14 days from the start date.* Casual clothing is recommended. Shorts, tank tops and/or offensive T-shirts are unacceptable attire. Law enforcement personnel not in uniform that are carrying exposed firearms must prominently display agency ID and/or badge at all times while on college property.

**Training Calendar** <http://pstc.spcollege.edu/>

## Lead Instructor

Glenn Wilson will be the course instructor. Glenn retired as Sergeant from the Pinellas County Sheriff's Office with over 29 years of service and has a Bachelor's degree in Criminal Justice. Glenn has a special interest in health and fitness and is a qualified FDLE Instructor. He is a certified FDLE Physical Fitness Trainer and a Cooper Institute Certified Law Enforcement Fitness Specialist.