



Kelly A. Martinez
Sheriff

Detention Services Bureau, Detention In-Service Training Unit
GC 7922.000 - Work Phone

San Diego County

SHERIFF

INTENSIFIED FORMAT TRAINING INSTRUCTIONS

Deputy Wellness – Stress Management
Certification # 07706823
(Expiration Date: 06/28/2025)
Duration – 2 Hours

Course Summary:

Students will view two videos that address stress and how it can impact their personal and professional lives. After viewing the videos, the instructor will facilitate a discussion with the goal of discovering common stressors, strategies to manage stress, and brainstorm ways to apply stress management techniques.

Performance Objectives:

At the conclusion of this course, each student will be able to:

- Define contributing factors that cause stress in a personal and professional setting
- Identify signs and symptoms when addressing mental and physical stress
- Perform stress management skills
- Identify the health concerns of improperly managed stressors

Course Outline:

Stress is defined as a state of worry or mental tension caused by a difficult situation. Stress is what prompts the human response to challenges and threats. Incorporating artificial stressors in a training environment allows deputies to learn to perform under pressure. However, stress can become unhealthy when it interrupts day-to-day functioning. An overload of stress can have a serious mental and physical impact on overall health. Stress can be prevented or reduced by acknowledging it and planning and prioritizing tasks.

1. In small groups or in briefing, watch these two videos about stress:
 - Video #1 [The Stress Bucket](#)
 - Video #2 [When Helpers Need Help](#)
2. In small groups after the videos are viewed, print and review two wellness worksheets. Worksheets can be filled out individually and discussed as a group or just discussed as a group only. Worksheets do not need to be turned in; they are there to facilitate discussion.
 - [Worksheet #1](#)
 - [Worksheet #2](#)

Training Tips:

To aid in deeper discussion, be specific with instances of stressful events. For example, instead of writing "work", write something about work that is stressful (e.g., Overtime or long hours, etc.) Discuss what events in your life fills your stress bucket and what you do to keep your bucket from overflowing. When the "Stress Bucket" worksheet is complete, ask participants to share their stress management question worksheet. Discuss answers after everyone has finished.

Resources:

[Sheriff's Employee Resource Website](#)

[Resources List](#)