EMPLOYEE WELLNESS

STEARNS COUNTY SHERIFF'S OFFICE

YOUR TOOLKIT

Find what works for you.

THE FIVE PILLARS

SLEEP · NUTRITION · RECOVERY · STRESS MANAGEMENT · PHYSICAL READINESS

MOVE

Strength training · Functional training · Calisthenics · Cardio: swim, hike, run · Basic exercise · Tactical yoga

RECOVER

Sauna · Hot tub · Epsom salt bath · Hot/cold therapy · Compression clothing · Massage · Float tank · Acupuncture

CALM

Meditation · Breath work · Grounding · Soft, slow music · Frequency sound healing

PLAN

Goal setting · Structured workout plan · Meal prep or meal prep services · Financial goal planning

SEE A PRO

Personal trainer · Physical therapist · Athletic trainer · Dietitian · Wellness coach · Holistic health coach · Mental health therapist · EMDR therapist

Evidence is strongest for sleep, exercise, therapy (including EMDR), mindfulness and breath work. Check with your doctor before sauna or cold exposure if you have heart or blood pressure concerns.

MINDFULNESS IN 2 MINUTES

Breathe in for 3, out for 7.

BEFORE SHIFT · **AFTER A CALL** · **ON BREAK** · **BEFORE HOME** · **AT BEDTIME**

When your mind wanders, notice it and return to the breath. Drive home with the radio off to let the day go. Officers who trained in mindfulness reported less stress, anxiety and PTSD symptoms and better sleep.

RESOURCES

Tactical yoga
yogaforfirstresponders.org

EMDR therapy, St. Cloud area
affinitypsych.com/emdr-therapy

Officer wellness training (BJA VALOR)
valorforblue.org

Fresh prepared lunches
mightymeals.com

IACP Officer Safety & Wellness + Mindfulness Toolkit
theiacp.org

Seizure first aid training
epilepsy.com/recognition/first-aid-resources

Local frequency sound healing
chakrasoundgarden.com

Crisis support, 24/7
Call or text 988

FUND YOUR PROGRAM

LEMHWA grants (DOJ COPS Office) fund peer support, training, family resources and suicide prevention. 24-month awards, no local match. Watch cops.usdoj.gov for the next round.

Sources: IACP Mindfulness Toolkit for Law Enforcement; U.S. DOJ COPS Office, FY2026 LEMHWA program fact sheet. Fact-checked October 2026.

FOR MORE WELLNESS GUIDANCE, CONTACT

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