



# Read what your peers are saying about.....

*The Public Safety Group's*

## **Stress: It's All in your Head**

**PEI-911 Online**

I am very happy that I took this class. It has shown me that I do have control of the stress that is in my life. I have found ways to either eliminate the stress or at least lessen the stress. The damage that stress has on the brain and the body is extraordinary. I will take what I have learned from this class and share it with my coworkers. Hopefully, it will be used in their personal life as well as their job. *Kari P., FL*

This was probably the best stress management class I ever took. I really like the format and the interaction with my classmates. I hope to take other classes that you may offer. It was very insightful. Thank you for your expertise and help. *Eileen B., ID*

This is the first online discussion class I have ever taken. I thought it was very interesting and at first a little difficult because it's not the style I am used to. But over the last few weeks it became easier and I thought it had a very good layout and very easy to navigate thru. There were some very good topics and discussions and I enjoyed reading other's responses. I would feel more confident to take another online discussion course. A lot of very useful information and I am excited to try some different techniques other than what I have already in place. *Ronald C., ID*

I would like to say thanks for allowing me to use this class as an outlet. Initially I was not thrilled about taking this course but it came when I needed it the most. Everything happens for a reason and this course has opened up my eyes to a lot of what I am dealing with in my life right now and how to manage it effectively. *Damara T., FL*

I enjoyed this course. The information from the book was very useful and will continue to be so. I hope that someday it will become clear that dispatchers do have a very tough job – we don't just sit there. *Jennifer W., OH*

With all the information that was provided in this class it only brings to light that we as communications professionals need to be re-classified as a "high risk profession." We work in a high stress environment and are just as prone to burn out as road personal (police officers and firefighter/paramedics). We are subject to untold stressors that weigh heavy on our minds. The outdated mentality that since we are indoors and away from "danger" we are free from harm is simply not true and that thought process needs to be changed. Years ago there was no such thing as "post traumatic stress disorder" and it was all just part of the job and you just dealt with it. Now we are armed with the information about this real disease and the implications it can have on our personal and professional lives. It is really up to us to encourage our state legislators to change this and rectify the problem. *Scott W., FL*

This is the first time I have ever taken an online class and found it very knowledgeable. I am not a dispatcher but I have applied for the position of one. So I am hoping this stress class and the information that my classmates wrote will help me handle stress before it kicks in. *Donna D., NM*

I enjoyed taking this class and will use many of the techniques discussed. *Diana E., ID*

I am grateful to have been afforded the opportunity to take this class. I definitely will be putting several of my employees through it. As said in a previous post, the great thing about this course was that we learn that we are not alone in how we feel and people do talk about it. It is a great avenue for people to use to get things out that they normally might not. *Jennifer C., CA*

This I think has been the first class that I have taken online while at my job. I find this class was very resourceful with just being able to talk to the other classmates. I liked how the course was laid out and that everything was easy to navigate. I will hopefully take more in the future. *James B., ID*

I enjoyed the course in that it actually forced us to think about how stress is a force in our lives. The information is available to us in other formats, but we normally just ingest the information without thinking much about how it affects our lives. This course makes it personal and that is what makes it a good course. *Charles W., ID*