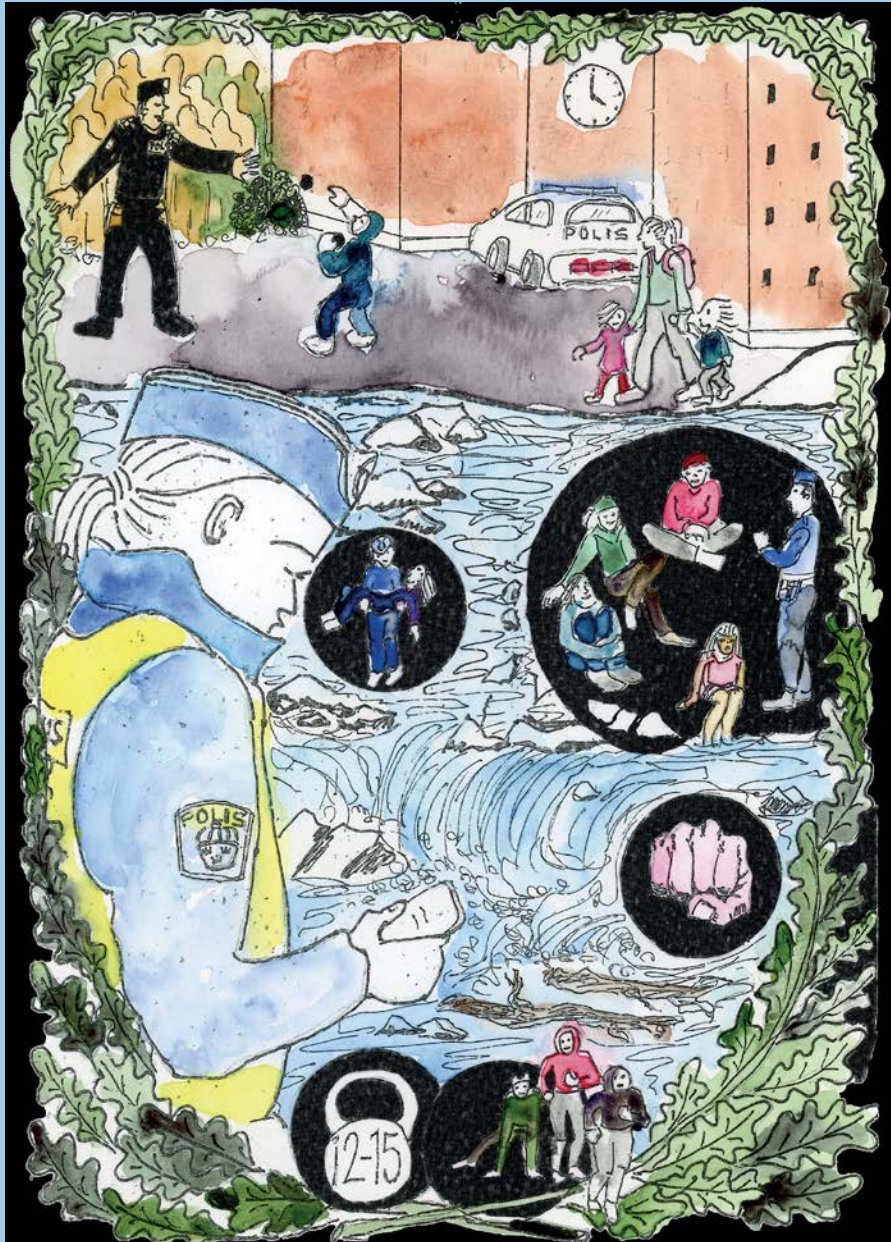


BEYOND THE BADGE

Police Officers' Lifestyles and Health

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Aim of Dissertation

Identify **health promoters and health challenges** within the lifestyles of frontline police officers using a transactional perspective.

Translate these findings into the initial developmental stages of an instrument targeting **critical areas of police officers' lifestyles** to foster health sustainability.

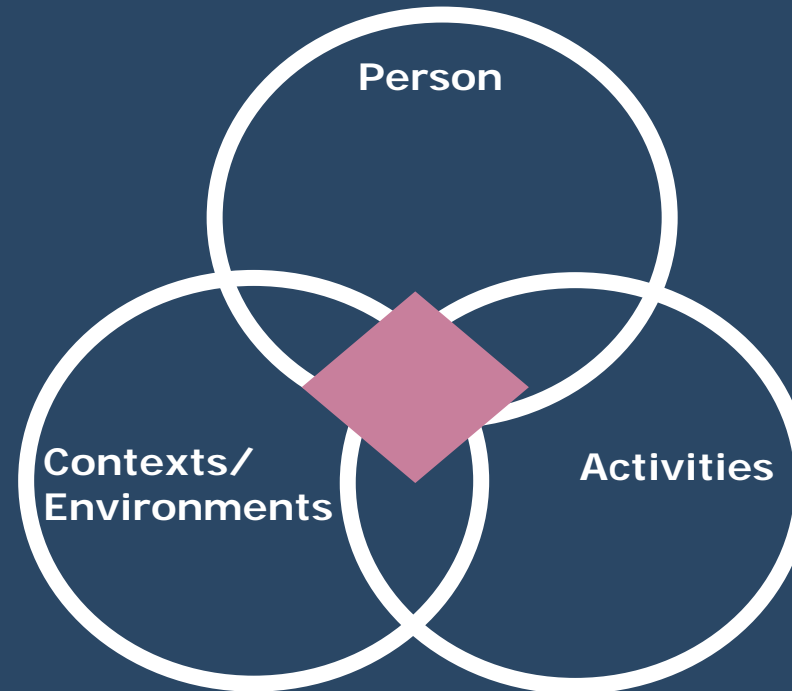
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The Transactional Perspective – Police Officers' Lifestyles and Health



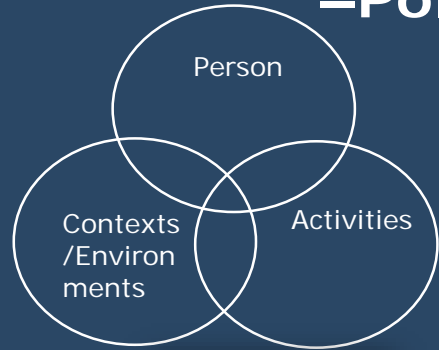
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The Transactional Perspective –Police Officers' Lifestyles and Health

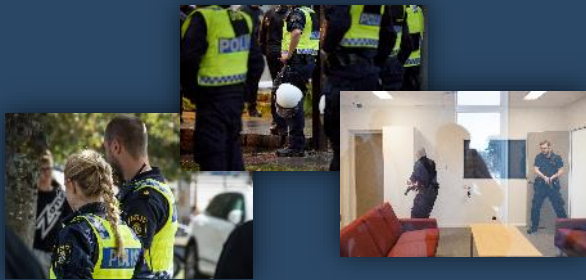


Alcohol problems



Good health at the start of their profession

Unpredictability and pressing situations



Demanding physical environments



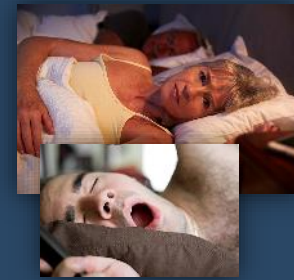
Rarely seeks professional help



Demanding Social Contexts and tough work tasks



Violence- a part of work



Sleeping problems



Work-private life conflicts

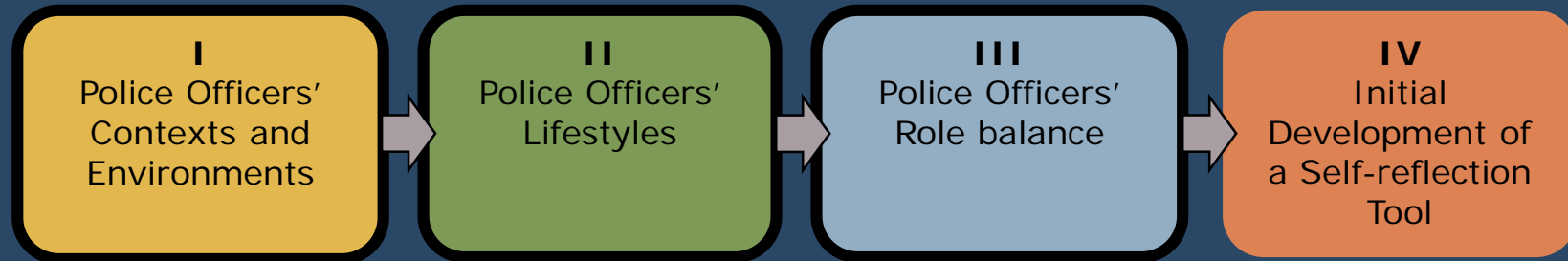
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The Research Process



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What are the health challenges regarding life balance of police officers?

Balancing risk and violence with vigilance in private life

Risk and violence, a part of the workingday

When work spills over into privatelife is a cause for stress

Balancing society's attitudes with the police idnetity

The public both gives and takes energy

A feeling of meaningfulness gives motivation

Private life activities are limited

Balancing work with healthy routines and habits

Sleep and social activities

The emotional impact

Balancing unpredictability with stability

The crises-driven nature of work is both a motivator and creates conflicts

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What are the health resources for life balance?

Meaningful sparetime
activities

Rejuvenating, creative,
practical activities

Flexibility at work, e.g.,
regarding equipment
and shift-work

Meaningful and
supportive social
relationships

Social and emotional support

The feeling of belonging with
colleagues

Good communication

A rich social network also
outside the police authority

A manager who
supports physical,
mental, and social
wellness

Physical activity

Both for the physical and
mental health

Support from the public

Finding healthy routines
and habits in everyday
life

Sleep, food, training, time for
self-care

Self-reflection in relation to
what one needs to feel well

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How can health sustainability be achieved for police officers?

Organizational Health Promotion Strategies

- **Health Infrastructure**
- **Social and Emotional Support**
- **Supportive Leadership**
- **Flexibility to Reduxe Work – Family Conflicts**

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How can health sustainability be achieved for police officers?

Personal Health-Promotion Strategies

- **Self-Reflection**
- **Strategies to Promote Health**
- **Time-Management Skills**
- **Allertness Recognition**
- **Balance Work with Private Life**
- **Communication and Support Networks**
- **Help-seeking Behaviours**

Thank you for your
attention.

Dissertation in fulltext:

