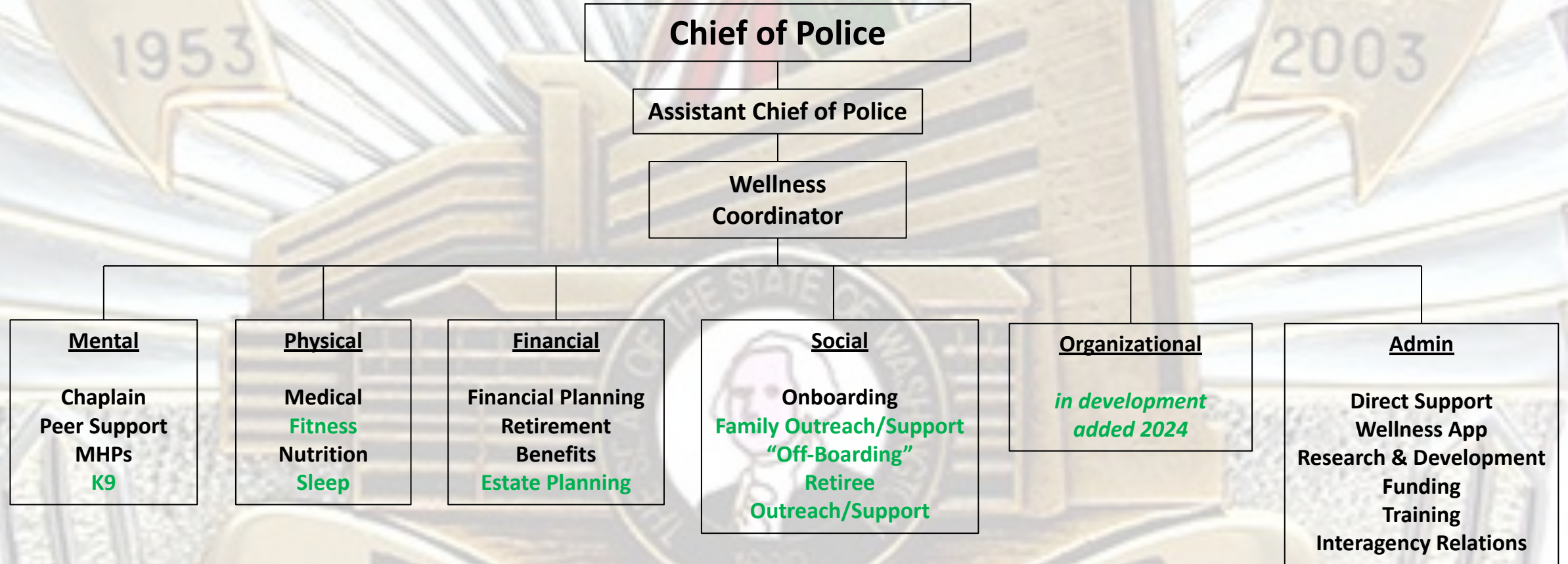


# Bellevue Police Department Wellness Program

Established 2020



## Volunteer Positions

- Family Outreach Coordinator
  - (Family Social Networks)
- Retiree Outreach Coordinator

## Contracted Positions

- MHPs
- Strength/Conditioning Coach

Green = Future Initiative



# **WELLNESS UNIT MISSION**

*To enhance the overall well-being of all department personnel, retirees, and their families by facilitating proactive strategies to maximize mental, physical, social, and financial resiliency and providing support in managing professional and personal hardship.*

# Four Dimensions of Wellness

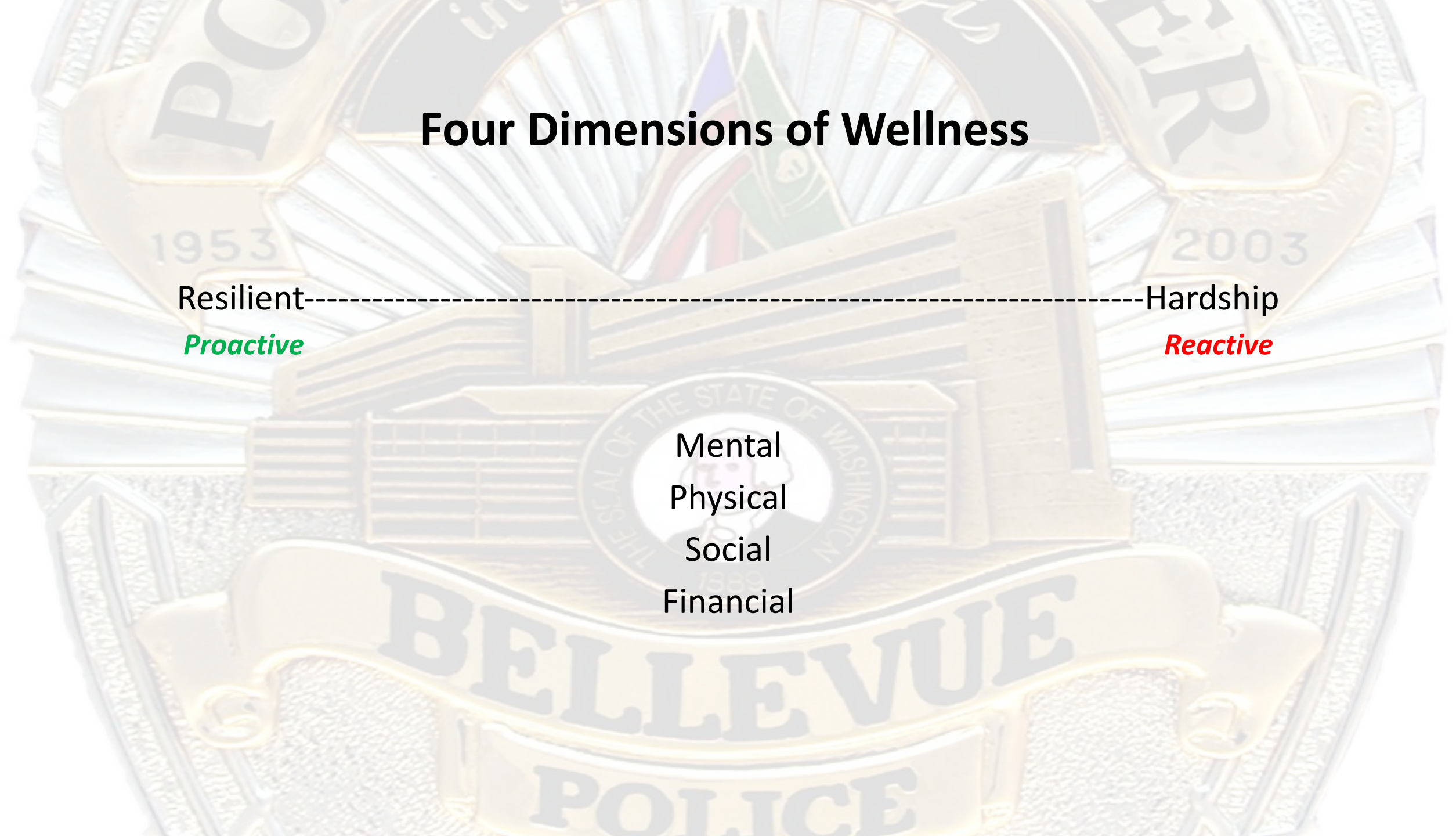
Resilient

*Proactive*

Hardship

*Reactive*

Mental  
Physical  
Social  
Financial



# Dimensions of Wellness

- Mental

- (Cumulative) Stress Mitigation
- (Cumulative) Trauma Processing
- Autonomic Nervous System Regulation

- Physical

- Sleep
- Nutrition
- Medical/Health
- Fitness/Performance

- Social

- Community
- Family
- Friends in LE
- Friends outside of LE
- Hobbies

- Financial

- Long Term Goals (Retirement/College)
- Cash Flow/Budgeting/Savings
- Homeownership/Real Estate
- Estate Planning