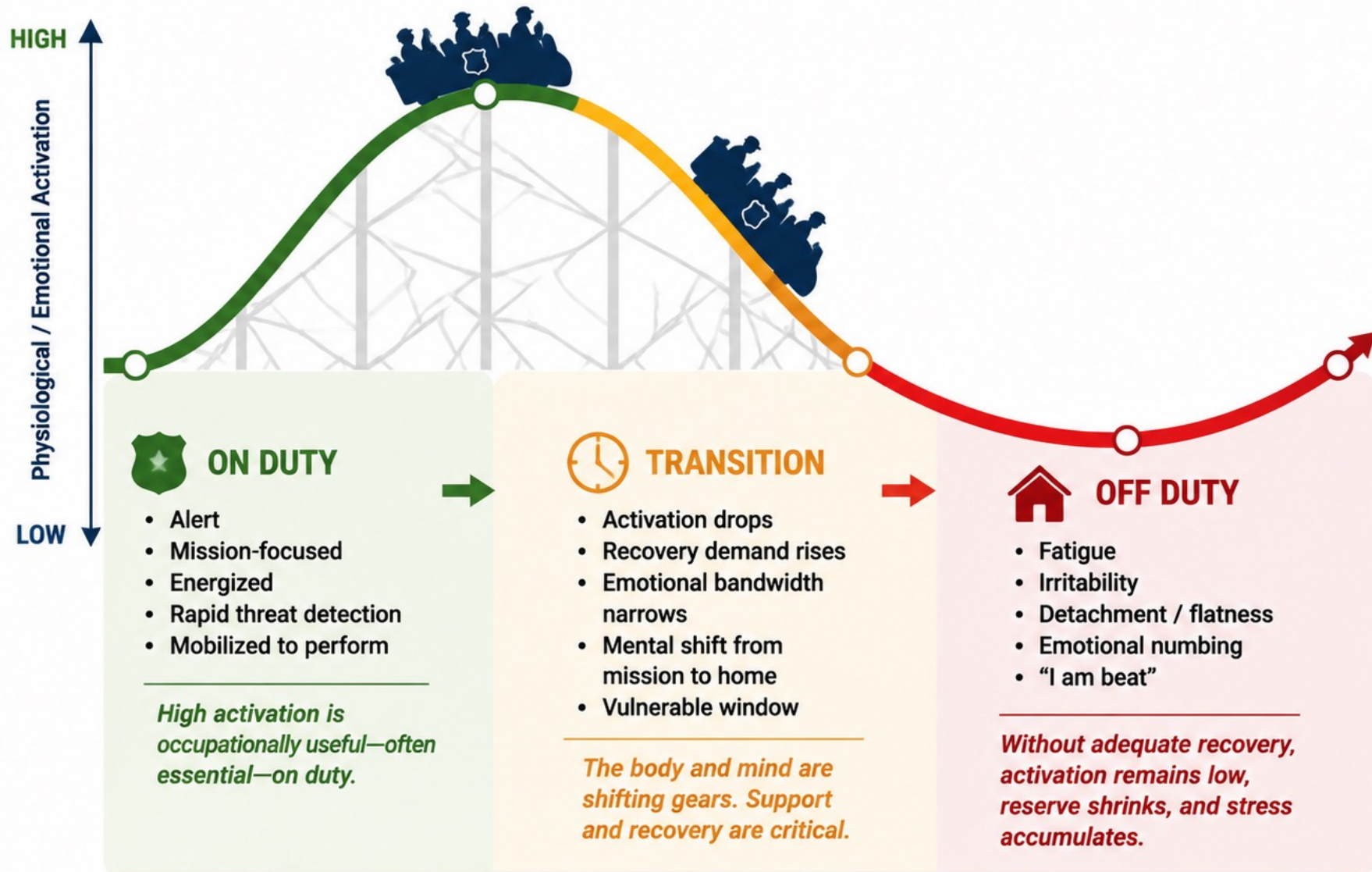


The “Biological Rollercoaster”

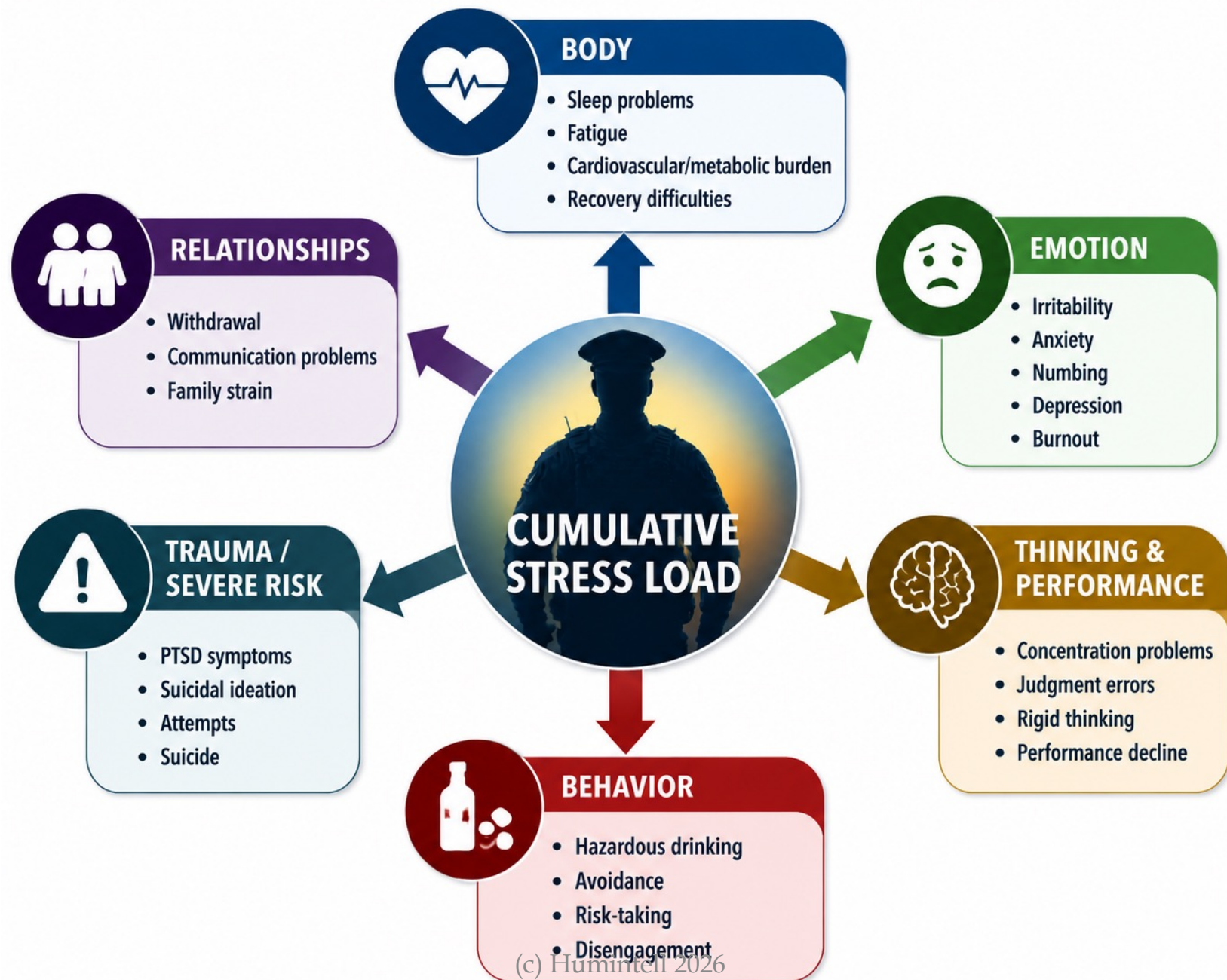
Conceptual model adapted from Gilmartin; not every officer follows the same pattern.



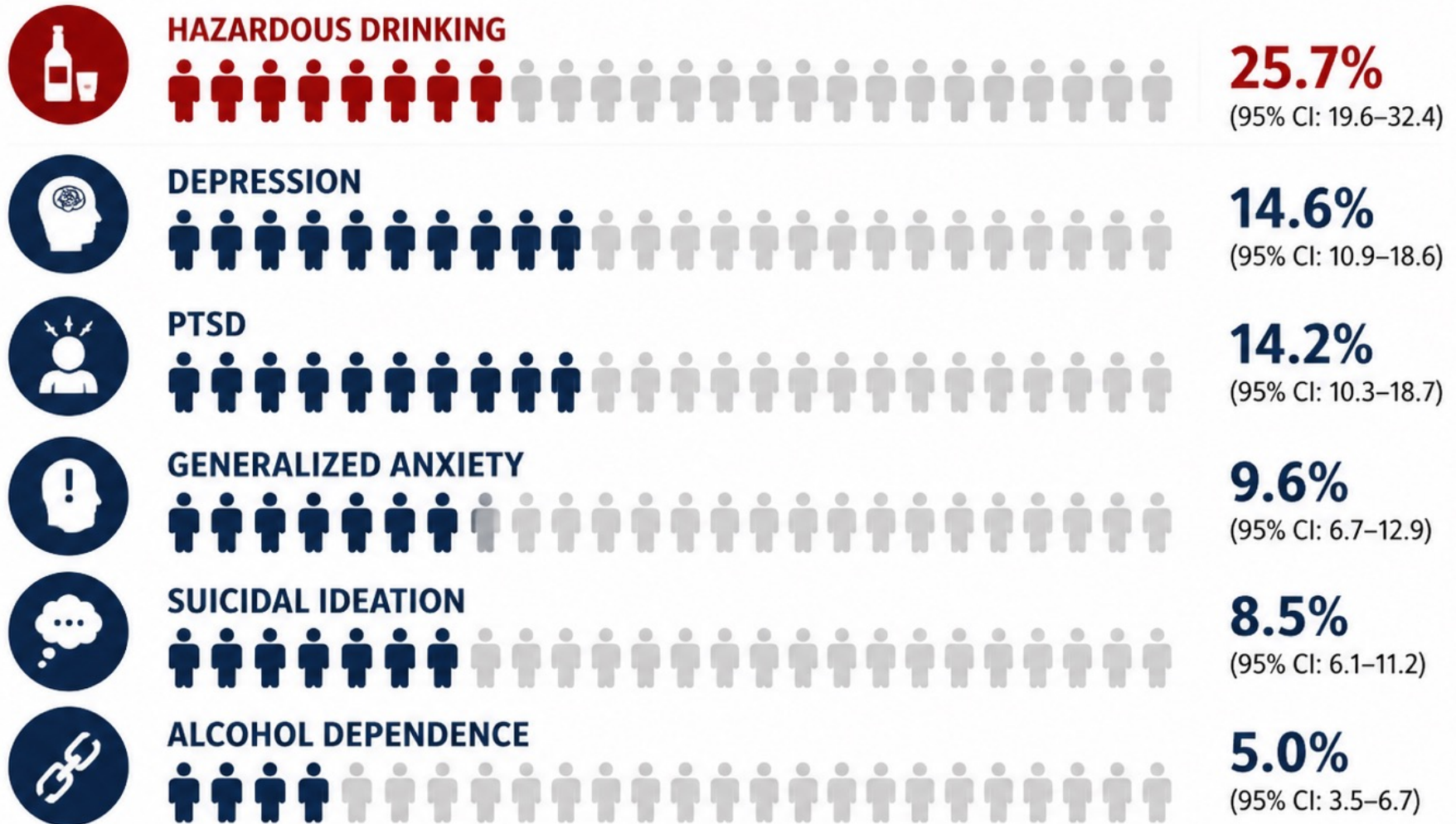
Key Point: Occupationally useful activation can spill over into sleep, relationships, emotion, and behavior.

(c) Humintell 2026

Cumulative Load Can Show Up in Many Places



Police Mental-Health Burden: Population-Level Evidence



HIGHER OCCUPATIONAL STRESS
was the **STRONGEST REPORTED RISK FACTOR**
for depression and suicidal ideation.

(c) Humintell 2026



See what you've been missing

Suicide: Severe, Important, and Multifactorial

2025 META-ANALYSIS (Population-Level Evidence)



21%

Lifetime
suicidal
ideation



6%

Suicide
planning



3%

Suicide
attempts



It's **not** a simple chain
(hypervigilance → cortisol →
suicide).



There's cumulative and
converging risk, **change
from baseline, and early
engagement.**



THE PEER OPPORTUNITY:
RECOGNIZE **CHANGE FROM BASELINE** AND **ENGAGE EARLY.**

(c) Humintell 2026



Suicide: Severe, Important, and Multifactorial



The peer opportunity:

RECOGNIZE CHANGE FROM BASELINE AND ENGAGE EARLY.



See what you've been missing

Improving Wellness is like Training Olympic Athletes



Everything builds on a good foundation

Thus, improving wellness starts with improving our wellness foundation

Six Pillars to Better Wellness Foundations

Eat

Sleep

Move

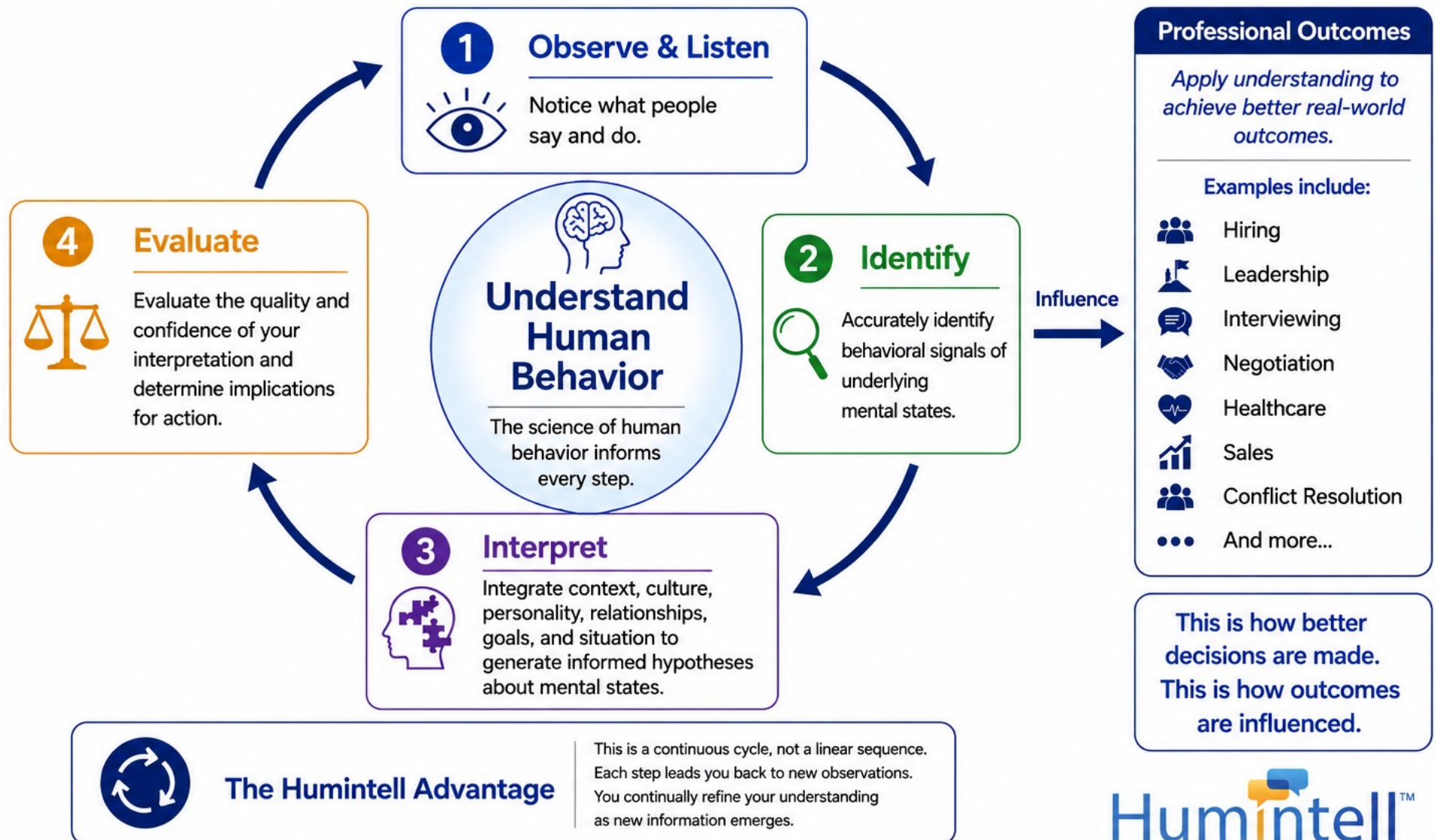
Resist

Engage

Improve ability to deal with stressful situations

The Humintell Method

A systematic process for understanding people, making better decisions, and influencing outcomes.



OUR PRACTICAL GOAL TODAY

Using the *Humintell Method* to...



***Better information. Better understanding. Better outcomes.
That is the purpose of today's workshop.***

TO SEE MORE, WE FIRST NEED TO UNDERSTAND WHAT WE'RE SEEING.



What is emotion?



Why do we have emotions?



How are emotions triggered?



What happens when an emotion is activated?



What can we—and can't we—learn by observing it?

>> Next: The Nature and Function of Emotion