

# Surviving Stress, Angleton, TX, #74493

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## COURSE DESCRIPTION

Stress is one of the most common words used in society today and something that each one of us will experience at some point in our life. Stress affects people of all ages, professions and life situations. However, emergency communications as a profession is inherently stressful with the various demands placed upon them by nature of the profession. Understanding these causes of stress in the profession will allow the public safety telecommunicator to recognize and mitigate some of the stressful situations that they may encounter. This course addresses how to detect stress within yourself and co-workers and provides measures to reduce its impact.

## Topics include

- What is stress
- Signs and symptoms of stress
- Causes of stress
- Stress intervention
- Critical incidents
- Cumulative stress and post traumatic stress disorder
- Tools for stress management

Perfect for a one-day pre-conference or post-conference course.

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## CLASS INFORMATION

**Date(s):** July 22, 2025  
**Time:** 11:00 a.m. - 8:00 p.m.  
All times are in Central Time.  
**Location:** Brazoria County Sheriff's Office  
3602 C.R. 45  
Angleton, TX, 77515

## REGISTRATION

**Tuition:** Full, Associate, & Commercial member:  
\$230.00  
Non-member:  
\$280.00

**REGISTER at:** [www.apcointl.org/schedule](http://www.apcointl.org/schedule).

Please read our Registration & Cancellation Policy at [www.apcointl.org/registration-policy](http://www.apcointl.org/registration-policy).

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