



# Work Through It: On Edge

Do you ever feel like you are still "on" – scanning, alert, or unable to fully relax, even when the shift is over?

This is common among law enforcement. The body and mind can stay in a heightened state after repeated exposure to stress, even when there is no immediate threat. Your nervous system is doing what it was trained to do – but that same response can follow you home. This worksheet is a self-check, not a diagnosis. Use it honestly.

## What Feels Most True Right Now

Check everything that applies:

- I feel like I am always scanning my surroundings
- I have trouble relaxing, even in safe places
- I feel tense in my body without realizing it
- I get easily startled or reactive
- My mind keeps replaying things or looking for what could go wrong
- I have trouble sitting still or slowing down
- I feel more on edge at home than I should
- I notice I am more irritable or short with people
- I feel like I cannot fully "turn it off"
- I sleep lightly or wake up easily

## Where This Is Showing Up

At home, this shows up as:

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Around other people, this shows up as:

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In my body, this shows up as:

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The time I notice it most is:

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## What This State Is Costing Me

This has been affecting my relationships by:

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This has been affecting my ability to rest by:

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This has been affecting how I feel off duty by:

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What I miss most about feeling relaxed is:

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## What Keeps Me Stuck in "On Mode"

One thought I have that keeps me on edge:

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Something I tell myself that keeps me alert:

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A situation where I feel like I have to stay on:

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What I worry might happen if I fully relax:

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## Body Check — Awareness Reset

Circle or check where you feel tension most:

Jaw

Neck

Shoulders

Chest

Stomach

Hands

Back

Legs

Right now, my body feels:

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## What Helps Me Come Down (Even a Little)


Check what has worked for you:

- Quiet time alone
- Controlled breathing
- Physical activity or exercise
- Music or background noise
- Time outdoors
- Talking to someone I trust
- Shower or change of clothes after shift
- Sitting in silence for a few minutes
- Structured wind-down routine
- Limiting stimulation (phone, TV, etc.)

Something else that helps me:

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 Recognizing the pattern is the first step. You do not have to white-knuckle your way through every off-duty hour. Small, consistent steps matter more than waiting until you hit a wall.