



Officer Wellness (Online)

Stay in compliance with new POST mandates with this free, one-hour online course!

Your physical and mental health is essential for your own quality of life, but it's also important to your family, your friends, and the community you are committed to serve. This self-paced training will teach you behavior models and strategies that support good mental and physical health, and how to process and cope with the stress and trauma inherent to your job. In addition, in this short training course you will learn:

- How nutrition and physical health is connected to sleep, disease prevention, and cognitive function; and
- How to recognize the symptoms of emotional trauma, knowing when you need additional help/support, and where to find it.

To access the training:

1. Visit [LaunchPad](https://bcanextest.x.state.mn.us/launchpad/) (https://bcanextest.x.state.mn.us/launchpad/).
2. Click on the nexTEST icon.
3. Log in as a USER.
4. Once logged in, scroll down to the bottom of the Training Library, where you will find all six Wellness Training modules.
5. Complete all six modules, in order, to receive your completion certificate.

Note: If you don't have a nexTEST account, your Terminal Agency Coordinator (TAC) must complete a User Request form on your behalf and email it to the BCA Service Desk.