



# We Need Your Ideas

The CopsAlive.com Total Wellness Project is a community effort to ensure the wellness of police officers around the world by gathering tips, suggestions, stories, strategies and resources from law enforcement officers to help other cops survive their career.

We are planning on creating a special report on how to create total wellness for police officers and protect ourselves from all the threats that affect us in or following a toxic law enforcement career.

We are looking for stories, examples and strategies that will re-enforce a sense of total wellness and protect us from all the threats that confront a policing professional in or following a career in law enforcement.

The final product -- a "Special Report" -- will be distributed free to police officers and other law enforcement professionals around the world.

Everyone who contributes to the report will automatically receive a pre-release copy and will have the rights to distribute it to all of their contacts within the guidelines prescribed by this document.

Articles and tips may be submitted in one of two ways. You may type them into the <http://www.copsalive.com> website by visiting our special project webpage and entering your information in the form of a comment (please use the format listed below). Or you may send your article or tip in a Word or PDF document, using the format listed below, in an email send to [submissions@copsalive.com](mailto:submissions@copsalive.com).

## **Here are a few guidelines for submissions:**

Entries for this "Special Report" should be concisely written and contain approximately 500 words. Longer material may be considered for its overall contribution to police wellness and utilized in a separate part of the final report or as a separate PDF download from the CopsAlive.com website.

For the purpose of copyright all material submitted becomes the sole property of The Law Enforcement Survival Institute (LESI). Anyone contributing to the report or anyone promoting the mission stated for this report may distribute it for free, unchanged and in its entirety to their department, agency, association, organization, or members, etc.

The author must submit a biography along with any contact or resource information they choose. It is highly recommended that they provide web links to appropriate web resources or their website or agency web page.

Most of the material on CopsAlive.com is written or tailored specifically for law

enforcement professionals and is distributed within one or more of the following categories. We would like to have submissions conform to one of these categories and may be included in more than one.

Plan Your Life  
Plan Your Fun  
Plan Your Health  
Plan Your Relationships  
Plan Your Career  
Plan Your Finances

Plan Your Retirement  
Plan Your Growth  
Plan Your Legacy  
Have a Back-Up Plan  
Start a Business

Please use this format for your submission

**Title:**

**Topic Area from list:**

**Author:**

**Author's Agency or Organization:**

**Author's Email Address:**

**Author's Website:**

**Article** *(Please be concise, no more than one page or approx. 500 words)*

**Recommended Resources:**

**Resource Websites:**

**Author's Biography:** *(No more than 150 words)*

It is expected that the creation of this report may take several years to complete. This is dependent upon the number and quality of submissions. We will notify you when we publish. If we receive too many submissions to publish we may create a second or other successive edition. The editor of CopsAlive.com reserves the right to deny on submission without reason.

*CopsAlive.com was created to help law enforcement officers successfully navigate their careers and build happy, healthy lives. We believe that law enforcement is the most noble of professions and acknowledge that many people working in law enforcement make sacrifices everyday to make our communities safer and happier. We believe that those professionals in law enforcement also deserve to be happy, healthy and successful and we intend to help them plan for that by collecting and disseminating information that will help them have better careers and better lives. We accomplish this by establishing a running commentary on the Internet through the use of a web log or Blog. We create interactive discussions and stimulate action around the hidden dangers facing the police. We use survey instruments online, and in person, to discover the beliefs of our industry and we tailor information strategies and tools for them from this information. If you believe in this mission and have something to contribute we would welcome it.*