

How to deal with stress as a CPO

The job as CPO can be rather stressful, persons who want to touch the VIP, busy agenda or a live threat on principal e.g.

We are living in a world where threats are normal. People can do the most strange things to express their opinion, if you can call an opinion. It are not only individuals, terrorist-, ideological- or religious groups do the same. They try to rule by fear.

The Dutch politician Mr. Wilders threatened by a lot of people but also groups. Therefore he is the best and most protected person in the Netherlands. His motorcade is already special, it not as huge like the US Presidential motorcade, but for Dutch standards is huge. What to think about the seen and unseen entourage around it.

Only incoming dignitaries like President Medvedev or President Sarkozy have longer motorcades.

The number of CPO's around Mr. Wilders huge, that are the persons you will recognize by the nice suits, not to mention the undercover CPO's. To be his CPO is a stressful job, enemies can be everywhere, even your own friends can be your enemy. Knowing that you have to look "twice" as normal, every movement should be carefully watched and dealt with. So there is almost no time to rest. Even when Mr. Wilders is in his political office or at home the CPO's are there. Stress is there, only when the CPO is in his/her own private environment it is relaxing time.

But how do you deal with stress as a CPO?

Governmental CPO's if they are on duty but don't have to work with a VIP, will be in the gym, at the shooting range or running. Being physically fit will keep the stress longer out than somebody who doesn't exercise at all. The governmental CPO has to pass several tests every year. If they don't pass these tests and or exams they most likely are put back in the uniformed division. In elite units stress is used as a powerful tool for how persons will react when they are under severe stress. In the military stress is used also to break a person and build him up in the way of the elite units it wants.

We private CPO's will most likely have not such facilities. If we have a day off we can relax. Days on duty but not working with the principal are uncommon in the private business. Only when good arrangements are made you can come close, it is also in the interest of the VIP and his safety will benefit as well. If this is not possible it will higher our stress level even more, can we do something about? Yes, but you have to be rather disciplined! If we have a day off we should go to the gym or running in the field. Can we do something else about it?

Yes, being fit as a Governmental CPO would be great advantage, but almost impossible.

But going frequently to the gym, to self-defence class and the shooting can bring at least halfway. If your body is in good shape a lot things will go easy, you will less fatigue and disappointments can be dealt with in better and proper way. Useless to say that a body in good can extend your lifetime with years! Other good things don't smoke or at least not too much, the same for drinking and know what you eat can make a huge difference in being in shape or not!

When I started with private self-defence lessons with Dirk, it gave me after a period it gave internal peace and a lot less stress! I enjoyed to do workouts and give the stress while practicing!

Resuming:

Training in what form what so ever and having your body in shape is the option against stress. And make quality time with best friends is also a good option!

Stay safe!

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