



## How to Survive Low Morale, Stress, and Burnout in Law Enforcement: (Identify Manage the Eight Elements of Job Burnout)

By Seattle Pd Retired Sgt Howard Monta, Sergeant Howard a Monta Seattle Pd Retired

America Star Books, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Throughout his twenty-nine-year career, Retired Seattle Police Sergeant Howard A. Monta maintained an interest in looking beyond the normal functions of his job description. Sergeant Monta supervised a patrol squad staffed by Field Training Officers, and was intensely involved in the training of student officers from 1990 to 1997. Monta maintained a curiosity and concern for the actions and feelings of others, always trying to find explanations for the reactions of people in response to their environment. He kept records and notes relating to events that caused significant negative reactions from peers and administrators. Reactions that led to stress and morale problems. First and foremost of Sergeant Monta's interests were the causes of job stress, low morale, and burnout in the profession. This manuscript is meant to serve as a textbook that would familiarize prospective and current police officers with one of the most severe hazards of the profession, and offer advice to assist in overcoming this dangerous reality.



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