

3 Ways to Reduce Stress in Correctional Facilities

Reducing stress within correctional facilities and prisons can be tough and it will always be impossible to get rid of stress entirely within the walls of such high stress environments.

In this article, we are going to cover 3 highly critical points on how to reduce stress within your prison. If you pass up this article, you may be facing many more issues from stressed inmates than you would've had if you hadn't started implementing these tactics.

Since stress can lead to a lot of complications within prisons and out, it's something everyone wants to manage. By allowing and giving outlets for inmates to at the least have an option to reduce stress, you should by all means try to make that option available to everyone within your facility. Here are the 3 ways you can reduce stress for your inmates within your correctional facility:

1) Make opinions matter

Make inmates opinions matter, or at the very least make them feel like they matter. By allowing them to speak about issues, problems, or whatever it is that they are facing without fear of being ignored you will get much better communication throughout your correctional facility.

On top of that, if you get many complaints over and over from many different inmates, you might want to consider actually taking steps to resolve the issue if you can. Obviously not everything can be resolved, but some things will always have some sort of room for improvement!

2) Upgrade your lights

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Did you know that flickering, buzzing lights can really cause [some serious issues](#) for some people? Especially if it is continuous, day in and day out in their lives. They can increase stress, induce headaches, and a lot more symptoms that just lead to more agitation in many more people.

To fix the issue either keep your existing lights new and fresh when they start to flicker or buzz, or bypass all of that and move over to LED prison lighting. LEDs never flicker or buzz, and actually have [a lot more benefits than that](#). They save tons of energy, last alot longer, and often are eligible for rebates! Sounds like a no brainer to us!

3) Offer relaxation classes

Do you ever go to yoga classes on your free time? Do you remember how relaxed and stress-free you felt after the class? Why not offer something similar up for your inmates.

You'd be surprised at how many people might actually take up a class or two to check it out, then keep coming back because they actually like it.

Try surveying your inmates or posting signs up to see what kind of response you get. If there are enough positive responses, you might want to offer a class and see how it goes!

Why would I want to reduce stress within a correctional facility?

Good question, and I'm sure a lot of people are wondering this exact thing. The reason you'd want to reduce stress within a prison is for a few reasons:

- Reduces likelihood of fights
- Reduces likelihood of riots and rebellious activity

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- Increases compliance

As you can see, stress is a highly valuable thing to reduce. Think of it as an investment when thinking of ways to reduce inmate stress. You will save yourself, your facility, and everyone involved a lot of time, money, and even stress.

Contact us today!

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