

# Tranquility

*The Overlooked Tactic - by Sgt. Steve*

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Silence, peace, tranquility, calm, stillness, or however you describe it, is something that is desperately needed, often overlooked, and usually in short supply in our lives.

## THE NOISE OF THE JOB

Law enforcement officers live inside noise and turbulence. Radios blare, sirens scream, engines roar, people yell, bosses demand, reports stack, phones vibrate, and screens glow. Problems arrive without warning and demand immediate attention. Even when nothing is happening, the nervous system stays switched on, waiting for the next interruption.

All this noise, activity, and distraction make it hard to think. It makes it hard to relax. It makes it hard to be calm and happy.

Over time, this constant noise doesn't just exhaust us mentally. It erodes something deeper. Peace and tranquility are rarely discussed in law enforcement, yet they are quietly craved by almost everyone in the profession. Even if we don't consciously know that we are seeking tranquility, even if we don't articulate it that way, we crave it and try to find it.

I've rarely heard a fellow LEO say, "I need more peace." But plenty of times I've heard them say things like, "**I just want to be left alone.**" or "**I need to get away.**"

If you look closely at the hobbies many officers gravitate toward, a pattern emerges:

Fishing

Riding Motorcycles

Running

Hiking

Lifting Weights

Woodworking

Hunting

On the surface, these activities all seem different. Underneath, they all serve the same function. They quiet the noise. There is a solitude, peace, and tranquility at the core of each one.

For most of us, fishing isn't really about the fish. It's about standing still, enjoying the water, and letting the radio in your head finally shut off. Riding a motorcycle isn't usually about speed. It's about focus so

complete that nothing else can intrude. Running alone isn't just exercise. It's rhythm, breath, and a temporary escape from constant stimulation. An opportunity to be alone with your thoughts.

Most officers don't consciously choose these activities because they want peace. They choose them because their nervous system is starving for it.

*“Men seek retreats for themselves, houses in the country, seashores, and mountains... but you yourself have the power to retire into yourself.”*

- MARCUS AURELIUS

He was reminding himself that peace isn't about the location, but about the ability to create mental quiet. This, on a very small scale, is the same reason why you turn the music down in the car when you are looking for an address or navigating a busy parking lot. You quiet the noise so that you can think and focus.

The problem is that many of these peaceful activities require time. And often that brings up another thing that is in short supply: time. Mandatory overtime, court, family responsibilities, shift work, and fatigue slowly push these outlets aside. When that happens, irritability increases, sleep suffers, and everything begins to feel louder, even when it isn't. We also get pretty resentful of all the things that take up our time.

Here's the part we tend to miss. Peace doesn't only exist on the boat, in the woodshop, on the road, or on the trail. It can be found almost anywhere if you know where to look for it, and if you are intentional about creating it for yourself.

You don't need a full day of fishing to experience silence. You need a few uninterrupted minutes without