



Dental Professional Advisory Committee (DePAC)
U.S. Public Health Service

THIS MESSAGE IS FOR YOUR INFORMATION ONLY.
****CONTACT INFORMATION IS PROVIDED BELOW****

Stress Relief

Below are strategies to employ for relieving stress. It's important to cope with stress in your own way.

- Physical Intervention:
 - [Sunlight](#)
 - Avoids seasonal affective disorder (SAD)
 - Converts cholesterol to vitamin D
 - [Adequate sleep](#)
 - At least seven hours per night
 - Regular schedule if possible
 - [Fresh air](#)
 - Our bodies rely heavily on pure air and oxygen
 - Deep breathing and aromatherapy
 - [Exercise](#)
 - At home, the gym, or a park
 - Feeling of achievement, improved health, and release of endorphins
- Social Intervention:
 - Group activities
 - Fun games with other people or [pets](#)
 - Builds smiles, relationships, and positive memories
 - [Affection](#)
 - Hugging a loved one releases oxytocin while reducing blood pressure and stress hormones
 - [Reconcile](#)

- Make peace with others and yourself when possible
 - Accept the things you cannot change
 - [Trust](#)
 - Confide in a close friend, family member, or higher power whom you respect and trust.
 - Helps people feel compassionate and assertive
- Avoid Harmful Practices
 - [Negative thinking](#)
 - Focusing on the negative increases stress and leads to depression
 - [Chemical addiction](#)
 - Substance abuse and stress cycle: increasing stressors increases risk of addictive behavior, and increased cravings for addictive substance increases stress
 - [Non-chemical addiction](#)
 - Gambling, adultery, binge eating, excessive time spent on entertainment, et cetera — increase stress and other problems
 - [Procrastination](#)
 - Unrealistic perfectionist expectations increase anxiety and leads to procrastination
- Professional Services:
 - Spas and bath houses
 - Massage, steam room, hydrotherapy and heat therapy
 - Counseling
 - Counselor, psychologist, or psychiatrist

If you feel overwhelmed, remember to obtain social support from friends and family. Evaluate your stressors and decide if you need to cut down on things.

Yours in Service,

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Chair, Mentoring/Retention WG

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Connect with the DePAC:

[DePAC Website](#)

