

# Stress Management





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# We are...

- Officers with an interest in your wellbeing.
- Nurses, social workers, and other health professionals with an interest in stress management.
- Peers who are relatable because we have lived many of the same experiences
- Colleagues who gather resources to assist you and your family.
- Fellow service members who provide evidence-based information and strategies.



# A word about why this an important topic...

- 76% of U.S. workers in a 2021 survey reported at least one symptom of a mental health condition, an increase of 17 percentage points in just two years.
- 81% of workers reported that they will be looking for workplaces that support mental health in the future.
- 84% of respondents reported at least one workplace factor that had a negative impact on their mental health.



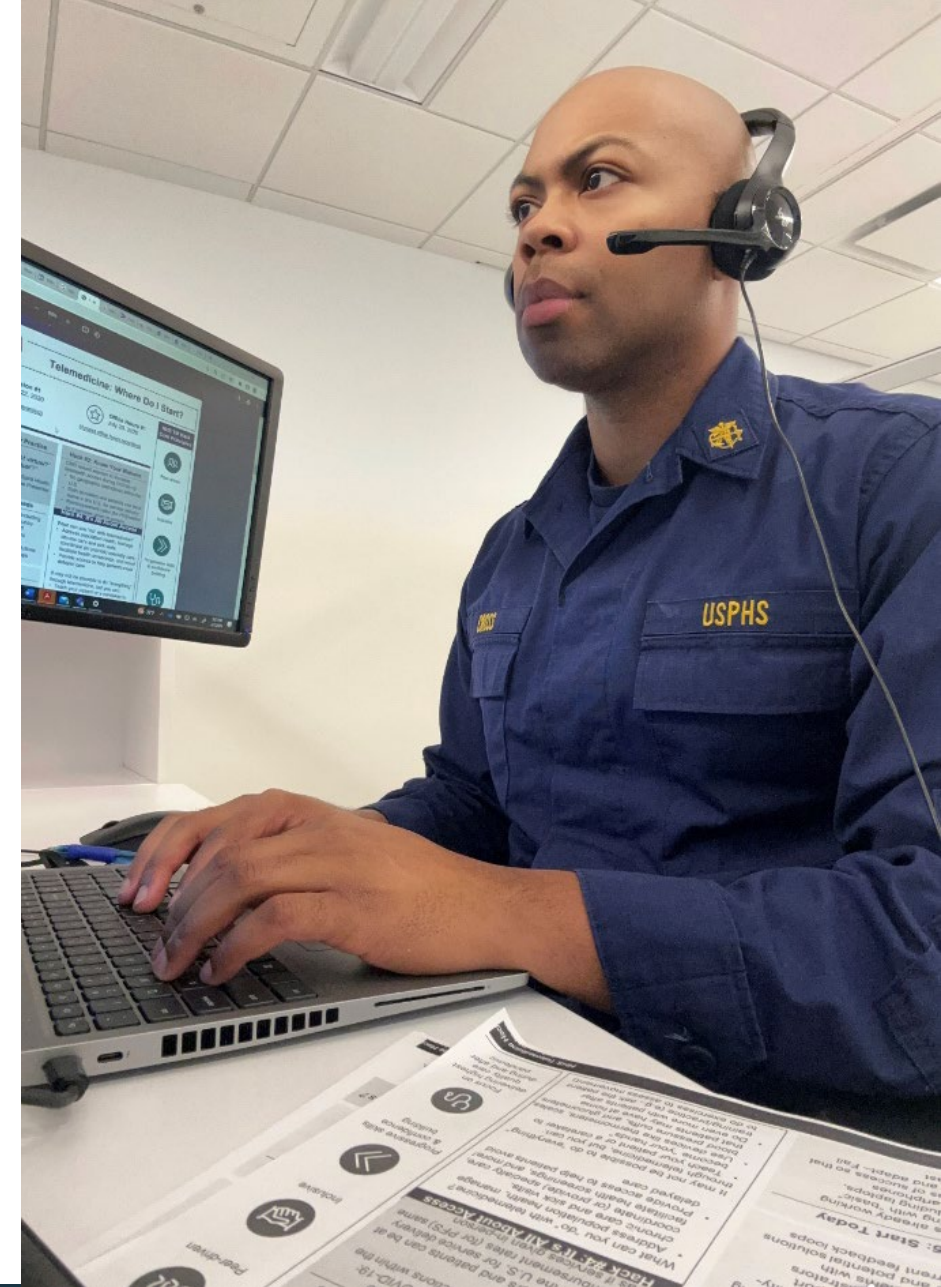
# Stress Management requires...

- Recognition of signs and symptoms
- Reliable and vetted strategies and tools
- An achievable plan
- Regular incorporation into your daily routine



# Deployment: Potential Stressors

- Exposure to traumatic events/tragedies
- Separation from loved ones
- Intense physical demands (long work hours)
- Drastic change in work environment
- Mentally challenging work
- Increase in exposure to uncertainty and danger
- Compassion fatigue
- Cultural and language barriers
- Decrease in access to familiar resources
  - preferred food, personal hygiene items, gym etc






# Possible Warning Signs of Increased or Unmanaged Stress

- Physical Signs
  - Eating or sleeping too much or too little
  - Having low or no energy
  - Having unexplained aches and pains
- Psychological Signs
  - Feeling irritable or annoyed often or more than usual
  - Feeling helpless or hopeless
  - Feeling sad or anxious
  - Having thoughts about death, suicide, or hurting yourself or others





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# Cont. Possible Warning Signs of Increased or Unmanaged Stress

- Behavioral Signs
  - Change in typical behavior
  - Loss of interest or pleasure in hobbies and activities
  - Pulling away from people/activities
  - Increase in alcohol or drug consumption
  - Not being able to do daily tasks like taking care of your children or getting to work
- Cognitive Signs
  - Difficulty concentrating, remembering, or making decisions
  - Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared





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# Actions for Better Stress Management

- Fully unplug from work or electronics
- Utilize sleep hygiene
- Schedule free time
- Pursue your passion/interest
- Develop a self-care routine
- Find, build, and maintain connection with others – partners, family, friends, co-workers, deployment buddies
- Develop a deployment resiliency plan
- Attend to your physical and mental health



# Self care resources...

- Corps Care:  
<https://dcp.psc.gov/ccmis/CorpsCare/About%20CorpsCare.aspx>
- Tips to Improve Your Emotional Well-being
- SAMHSA National Helpline: 1-800-662-HELP (4357)
- Suicide & Crisis Lifeline: 988 and <https://www.veteranscrisisline.net>
- Psychological Health Resource Center 24/7 (live chat, email, phone):  
[www.health.mil/phrc](http://www.health.mil/phrc) (confirming USPHS can tap into this)
- In Transition Coaching: <https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition>
- Health: Compassion Practice a free resource vetted by the Veterans and VHA clinicians





# Phone Applications

- Virtual Hope Box : A mobile app designed for patients and their behavioral health providers as an accessory to treatment.
- MindShift CBT: Free content, including cognitive behavioral therapy strategies to address general worry, social anxiety, and panic.
- PTSD Coach: Created by VA's National Center for PTSD and the Department of Defense's National Center for Telehealth & Technology. This app provides you with education about post-traumatic Stress Disorder (PTSD), information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.





# References

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Centers for Disease Control \(CDC\)](#)
- [APA's 2022 Work and Well-being Survey results](#)
- [Surgeon General's Framework for Mental Health and Well-Being in the Workplace](#)





# Contact information

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Thank you!

