

The top of the slide features three horizontal panels. Each panel shows a stylized landscape with a blue sky, green hills, and brown ground. The central panel is larger and contains a glowing white globe with blue continents, positioned over the landscape. The panels are set against a dark blue background.

# ***STRESS* Happens!**

**Mark Long**

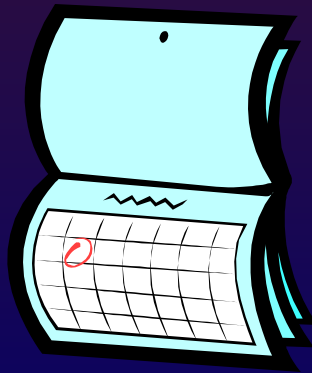
**Health Promotion**

**Navy and Marine Corps Public Health Center**



# Stress

Like it or not, we encounter  
*stress every day....*





# Stress

It is what we *choose* to do with our stressors and our distress that is the *key* to managing stress!





# Coping

**How do others cope with stress?**





# Coping

*"The crisis of today is the joke  
of tomorrow."*

~ H.G. Wells





# Coping

***"Don't worry about the things you can't control, because if you can't control them they are not worth worrying about."***

**~ Yogi Berra**

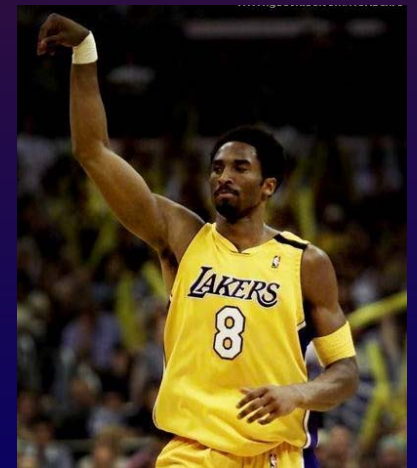




# Coping

*I realize life is too short and too precious to let myself get upset over trivial things.*

~ Kobe Bryant





# Coping

*"The art of being wise is knowing  
what to overlook."*

~ **Dr. William James**







# Coping

***"Believe that you are defeated,  
believe it long enough, and it is  
likely to become a fact."***

**~ Dr. Norman Vincent Peale**





# Coping

*"Misery is a communicable disease."*

~ Martha Graham.



# Coping

***"Good timber does not grow with ease; the stronger the wind, the stronger the trees!"***

**~ William Marriott**





# Coping

*"Although the world is full of suffering,  
it is also full of the overcoming of it."*

~ Helen Keller





# Coping

*"One of the keys to reducing stress isn't just removing negative experiences from your life, but adding positive ones!"*

~ Berkeley Health Letter

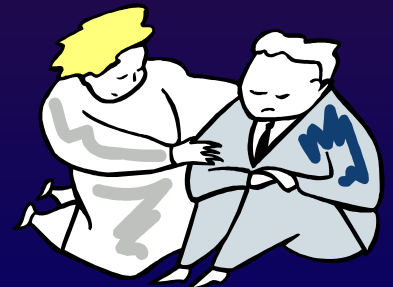




# Coping

***"The best cure for worry, depression and brooding is to go forth and try to lift the gloom of somebody else."***

**~ Arnold Bennett**





# Coping

*"Play so that you may be serious..."*

~ Anacharsis





# Coping

***"Relax.  
Only dread one day at a time."***

~ **Anonymous**







# Coping

*"As you move ahead, pass on your  
optimism and faith to the  
next generation."*



~ Vernon Jordan





# Coping With Stress

- ❖ Learn from others.
  - ❖ Laugh!
- ❖ Alter your perspective...
  - ❖ Let go!
- ❖ Manage what you can!