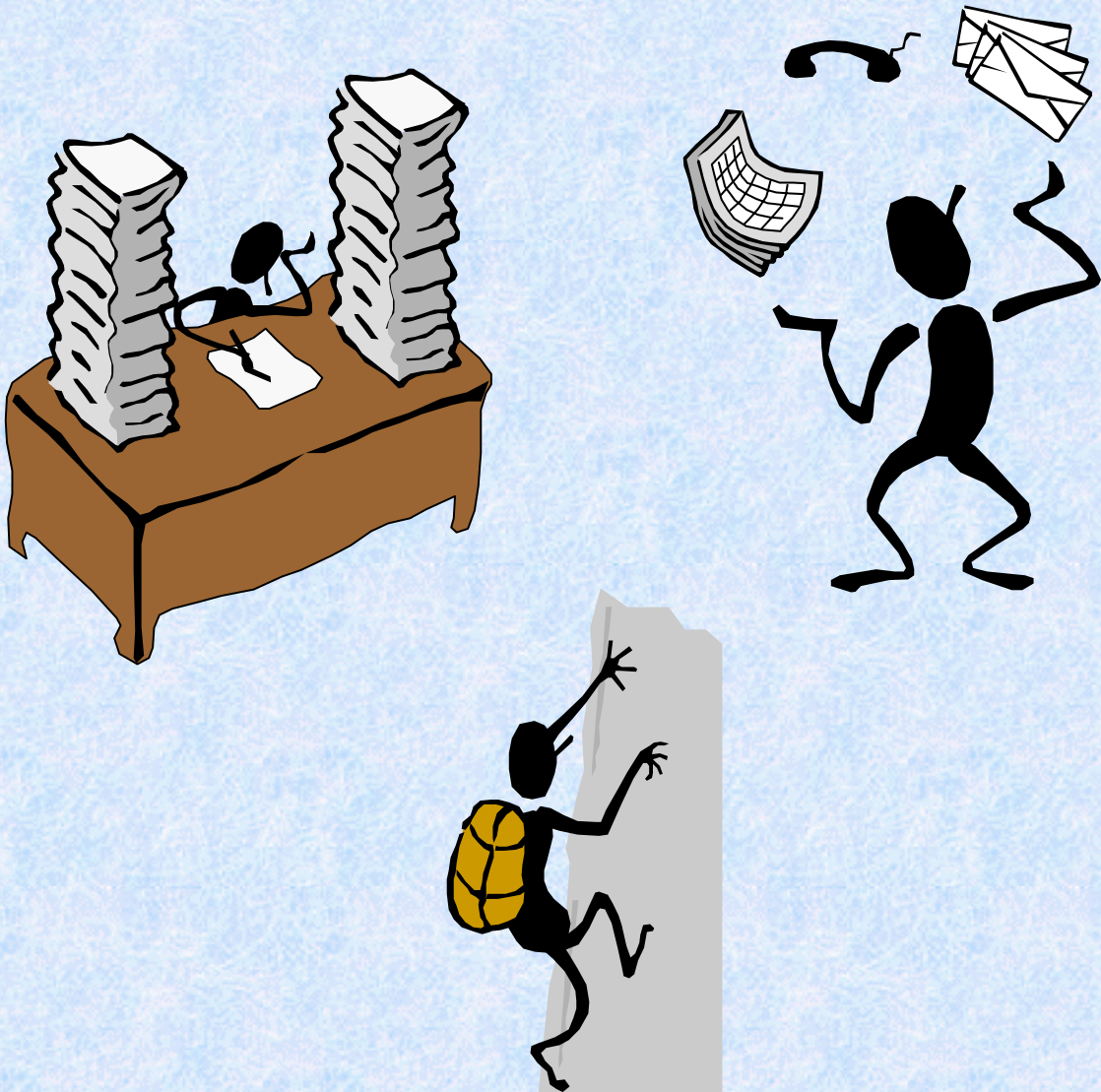


STRESS



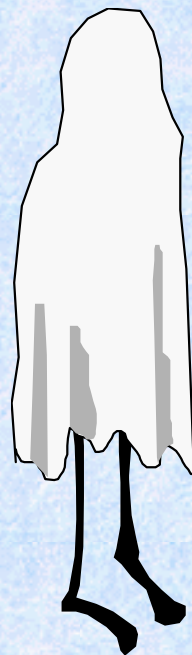
Mark A. D. Long, Ed.D.
Health Promotion Program
Navy Environmental Health Center

Stress is a part of life!



No one is free of stress!

Everyone responds differently to stressors!



How do you respond to stress?



“What you need to do is
to manage your stress”

*From Whiteman, Verghese and Petersen (1996).
The Complete Stress Management Workbook.

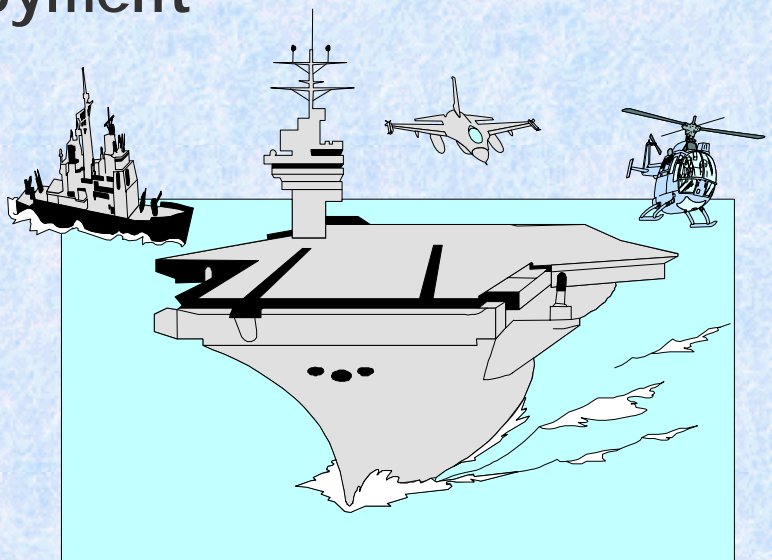
Top Adult Stressors

- ➔ Family
- ➔ Finances
- ➔ Work



Military Stressors*

1. Being away from family
2. Increases in workload
3. Financial problems
4. Changes in family
5. Conflicts between military and family responsibilities
6. Deployment



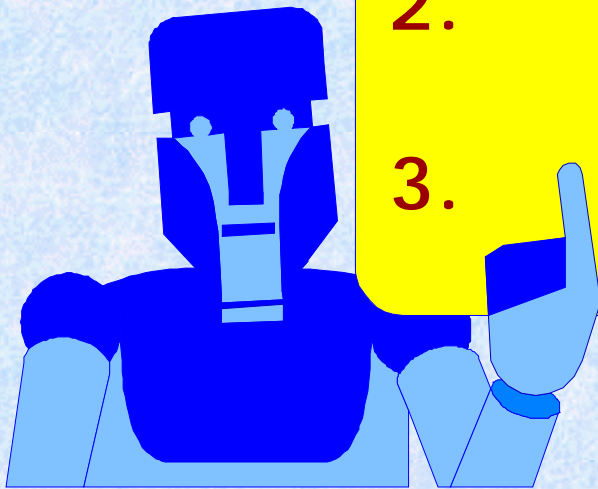
*1998 DoD Survey of Health Related Behaviors

What are your top 3 stressors?

1.

2.

3.



Effective stress
management is -
"equipping your mind and
body to deal with the
stresses that came your
way."*

*From Whiteman, Verghese and Petersen (1996).
The Complete Stress Management Workbook.

Managing Stress

- ➔ There are many effective options in dealing with our distress and our stressors!
- ➔ One way is to improve our stress reducing skills!

Stress experts suggest that we consider -

- ➔ Relaxing more often everyday
- ➔ Laughing and using humor
- ➔ Letting go of worries and issues
- ➔ Changing our outlook



Stress experts suggest

- ➔ Dropping musts and shoulds
- ➔ Praying
- ➔ Chilling out
- ➔ Exercising



Stress experts suggest -

- ➔ Positive self talk
- ➔ Forgiving
- ➔ Taking more time outs

**You ultimately control the
way your problems affect
you**

Dr. Donald Tubesing

How many options do you
give yourself to handle
stress?



➔ None?

➔ One?

➔ Five?

➔ Ten?

Make a list of the
positive ways of managing
your stressors at work,
at home, with friends and
family



**Will you manage stress or
will the stress control
you?**

When faced with stressors

Do You -

- ➔ Focus on the positive?
- ➔ Reinterpret in a positive manner?
- ➔ Fight it?
- ➔ Feel frustrated, overwhelmed and helpless?

**“Too many people respond
to stress by doing things
that actually make it
worse”***

***From Whiteman, Verghese and Petersen (1996).
The Complete Stress Management Workbook.**

Negative Ways of Coping with Stress

➔ Overeating

➔ Drinking

➔ Smoking

➔ Shopping

➔ Working



Negative Ways of Coping with Stress

- ➔ Yelling
- ➔ Isolating and pulling away
- ➔ Getting angry
- ➔ Over controlling
- ➔ Blaming



Negative Ways of Coping with Stress

- ➔ These are short term strategies to get away from distress
- ➔ These escape strategies are a *temporary* fix and do not *resolve* the stress
- ➔ We may depend upon them and may not learn other positive alternatives for managing stress

**What are two or three
negative ways you try to
cope with stressors?**

**How will you eliminate
these ineffective ways of
trying to deal with your
stress?**

Managing Stress

- ➔ Today, try a new way of coping with stressors!
- ➔ React differently to your distress!
- ➔ Respond to stress with a belief that you can effectively cope with it!
- ➔ Let go and move on!

**I t's not stress that
kills us, it's our
reaction to it.**

Hans Selye, M. D.

Managing Stress

God grant me the serenity to
accept the things I cannot
change, the courage to
change the things I can, and
the wisdom to know the
difference

Managing Stress

A problem shared is a
problem halved

Anonymous

Managing Stress

**This too
shall pass!**

Managing Stress

How will you respond
positively to your stress
today?

Stress Management is in your hands

Dr. Valerie O'Hara

