



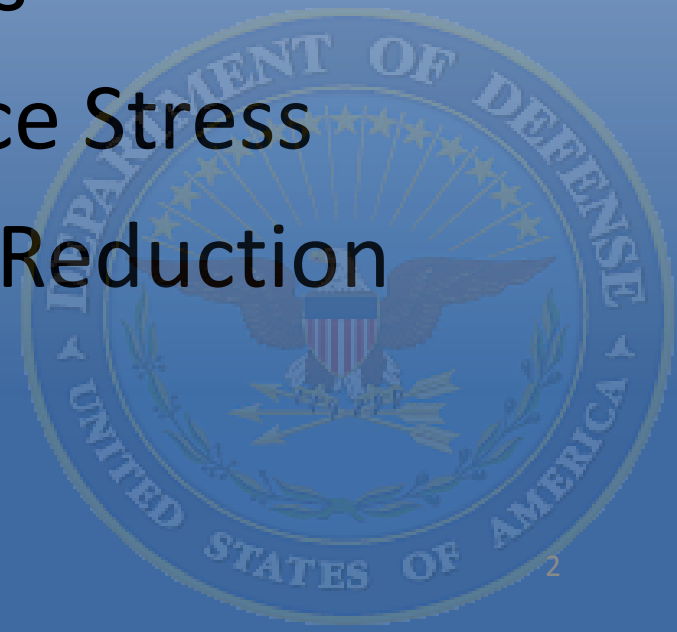
# Stress Awareness





# Agenda

- Define Stress
- Discuss Causes of Stress
- Identify Indicators of Stress
- Identify the Effects of Stress
- Identify Strategies to Reduce Stress
- Recall Resources for Stress Reduction
- Summary





# Stress

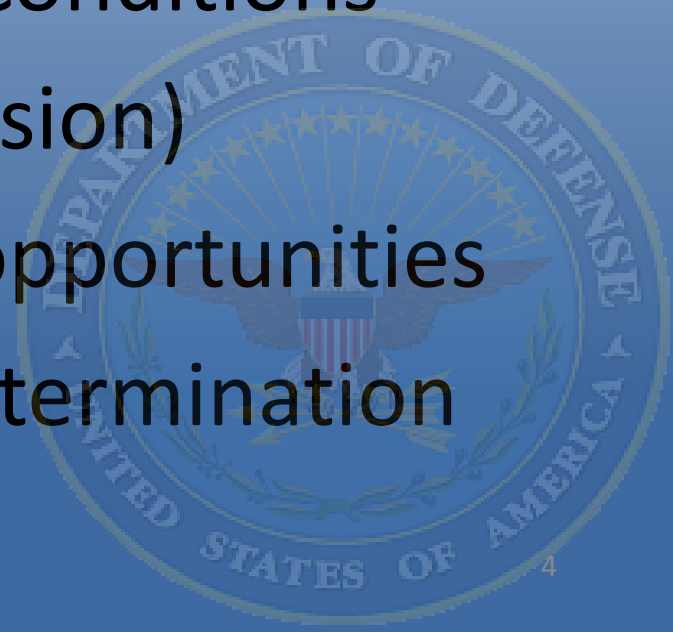
- A state of mental tension and worry caused by problems in your life, work, etc.
- Something that causes strong feelings of worry or anxiety
- Physical force or pressure





# Causes of Stress

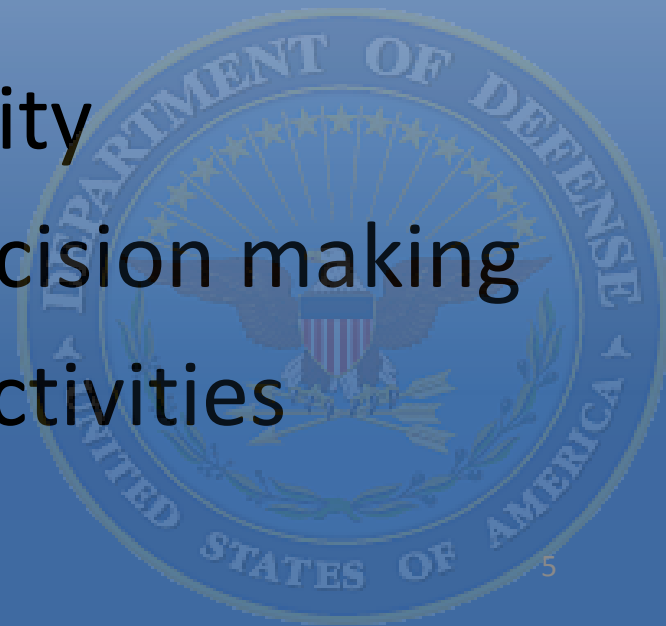
- Being unhappy in your personal life
- Having too little or too much responsibility
- Facing discrimination or harassment
- Working under dangerous conditions
- Poor management (supervision)
- Lack of pay/advancement opportunities
- Working long hours/risk of termination





# Indicators of Stress (Individual)

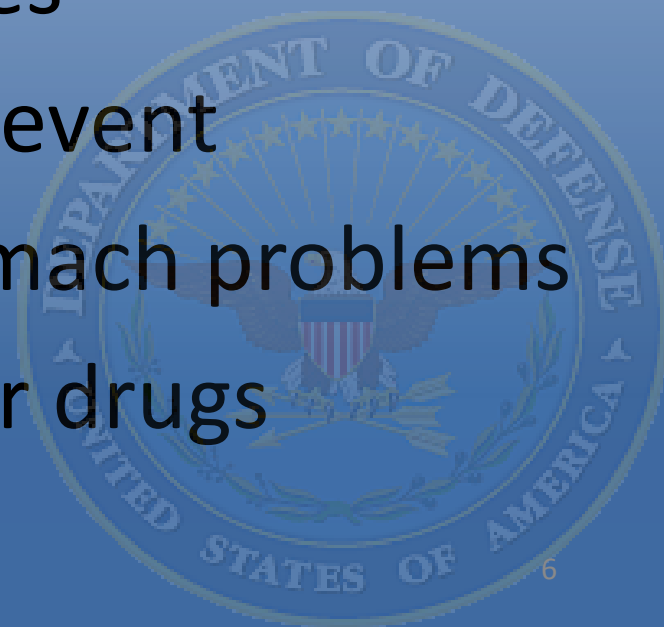
- Disbelief, shock, and numbness
- Feeling sad, crying, frustrated, helpless
- Fear and anxiety about the future
- Feeling guilty
- Anger, tension, and irritability
- Difficulty concentrating, decision making
- Reduced interest in usual activities





# Indicators of Stress (Individual)

- Wanting to be alone
- Loss of appetite
- Sleeping too much or too little
- Nightmares or bad memories
- Reoccurring thoughts of an event
- Headaches, back pains, stomach problems
- Smoking or use of alcohol or drugs



# Indicators of Stress (Team)

- Physical
- Emotional
- Operational tempo
- Sleep deprivation
- Difficulty working as a team
- Lack of training/support/manpower





# Effects of Stress (Individual)

**Musculoskeletal System-** Chronic pain

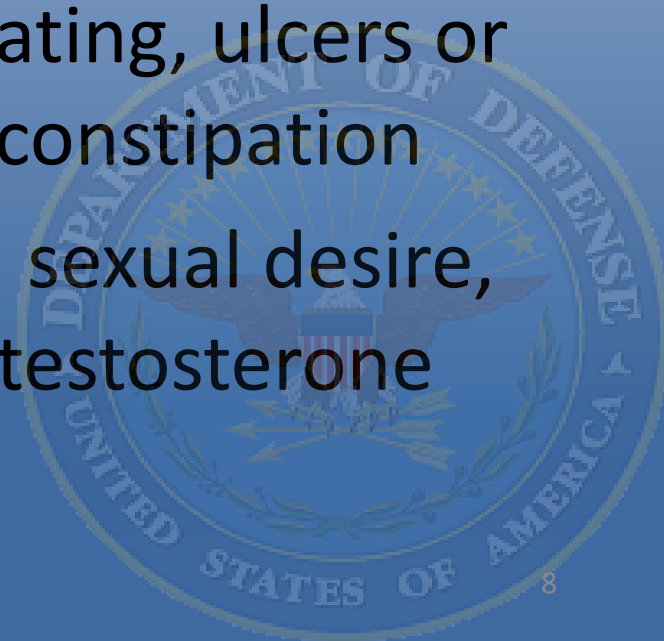
**Respiratory System-** Constriction of the airway

**Cardiovascular-** increase or elevated blood rate

**Endocrine-** extra blood sugar (can lead to diabetes)

**Gastrointestinal-** Over or under eating, ulcers or severe stomach pain, diarrhea or constipation

**Reproductive System-** diminished sexual desire, reproductive system functioning, testosterone production, menstruation







# Effects of Stress (Team)

- Morale
- Change in productivity/ quality of work
- Increased accidents, compensation claims
- Absenteeism/ high employee turnover
- Job satisfaction
- Lack of cohesion
- Loss of trust and confidence



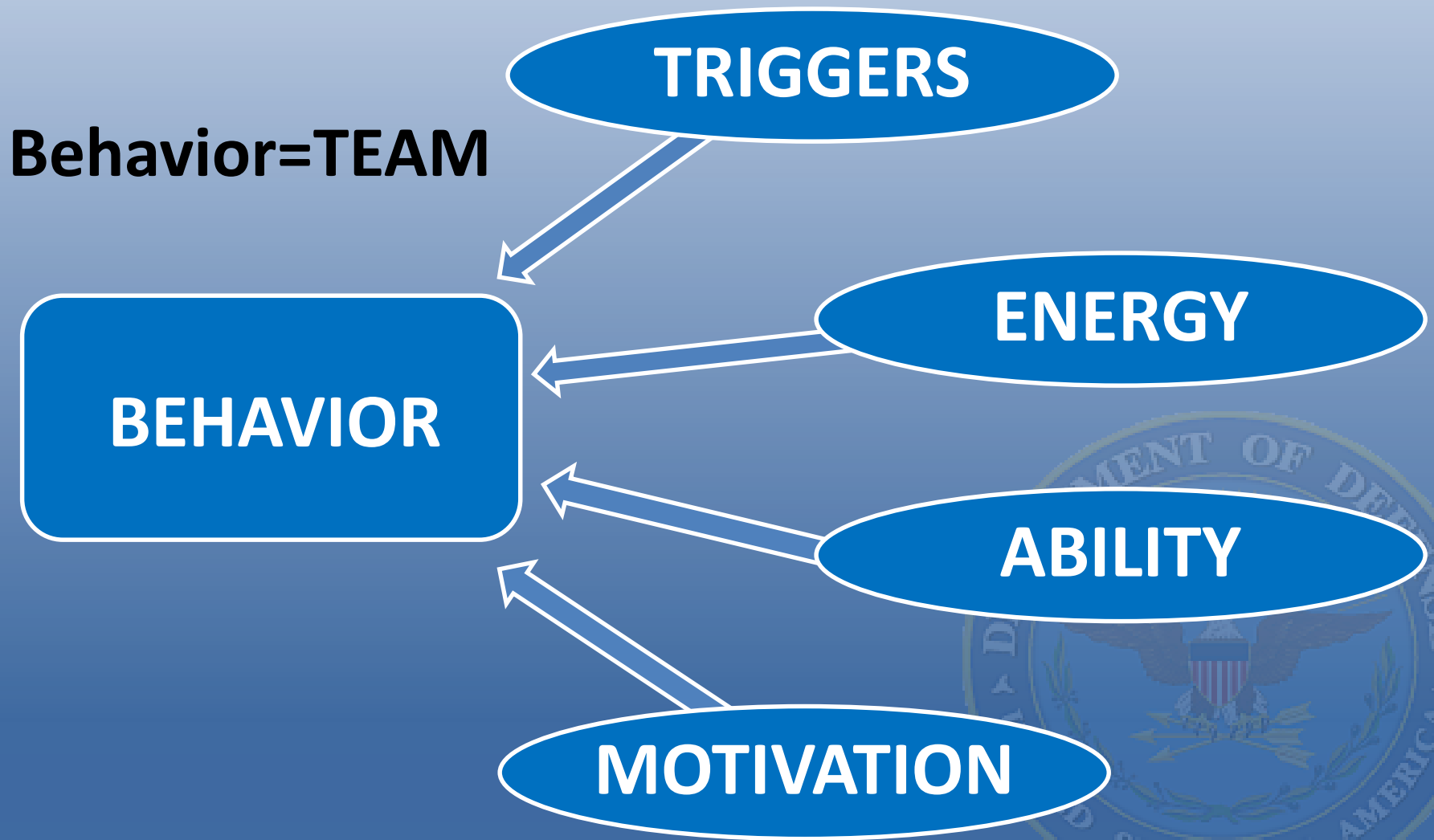


# Strategies to Reduce Stress

- Take care of yourself:
  - Eat healthy
  - Exercise/Hobbies
  - Talk to others
  - Think positive
  - Avoid drugs and alcohol
  - Take a break



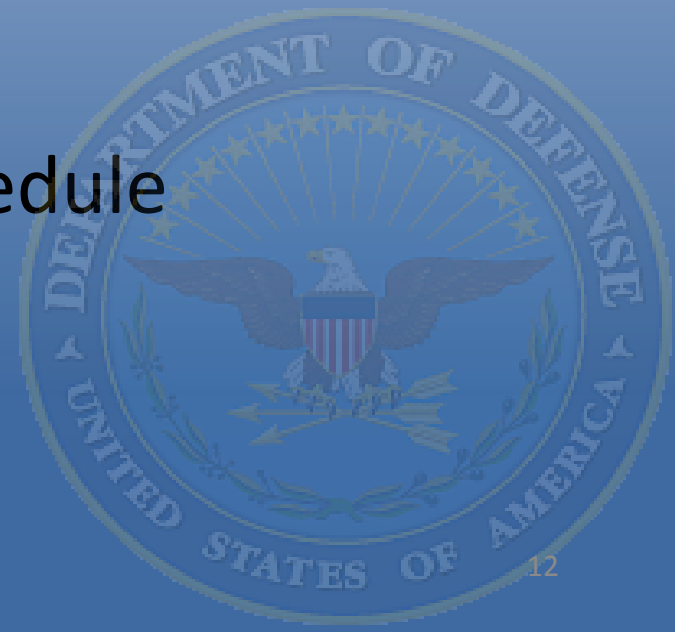
# Strategies to Reduce Stress (Teams)





# Strategies to Reduce Stress

- Take care of your team:
  - Set realistic goals
  - Communicate/Listen
  - Conduct surveys/sensing sessions
  - Train your team
  - Create a balanced work schedule
  - Manage resources
  - Have fun



# Resources for Stress Reduction

- US Air Force
  - Force Support Squadron
  - Alcohol and Drug Abuse Prevention and Treatment (ADAPT)
  - Peer Support/Leadership support
  - Military One Source/Family Advocacy Program
  - Family Readiness Group
  - Medical/BH Support
  - Chaplain/Spiritual Services
  - Financial Assistance Programs





# Resources for Stress Reduction

- US Navy- Marine Corps
  - *Navy-Marine Corps Relief Society*
  - *Navy Substance Abuse and Rehabilitation Program (SARP)*
  - *Marine Corps Substance Abuse Program (SAP)*
  - Peer support/leadership support
  - Military One Source/Family Advocacy Program
  - Family Readiness Group
  - Medical/BH Support
  - Chaplain/Spiritual services
  - Financial assistance programs



# Resources for Stress Reduction

## (USN-USMC cont.)

<b>Green Zone</b>	Not stress-free, mastering stress with good coping skills. Ready to go!
<b>Yellow Zone</b>	Reacting to life's normal stressors. Mild and reversible!
<b>Orange Zone</b>	Stress injuries damaging the mind, body or spirit. Temporarily non-mission ready!
<b>Red Zone</b>	Stress injuries that become stress illnesses. Only diagnosed by health professionals!

# Resources for Stress Reduction

- US Army
  - Army Community Services (ACS)
  - *Army Substance Abuse Program (ASAP)*
  - Peer Support/Leadership support
  - Military One Source/Family Advocacy Program
  - Family Readiness Group (FRG)
  - Medical/BH Support
  - Chaplain/Spiritual services
  - Financial assistance programs





# Resources for Stress Reduction

- US Coast Guard
  - Coast Guard Solutions Understanding Prevention Resilience Trust (CG SUPRT)
  - Substance Abuse-Free Environment (SAFE)
  - Peer Support/Leadership support
  - Military One Source/Family Advocacy Program
  - Family Readiness Group
  - Medical/BH Support
  - Chaplain/spiritual services
  - Financial assistance programs



# Summary

- Define Stress
- Discuss Causes of Stress
- Identify Indicator of Stress
- Identify the Effects of Stress
- Identify Strategies to Reduce Stress
- Recall Resources to Assist in Stress Reduction

