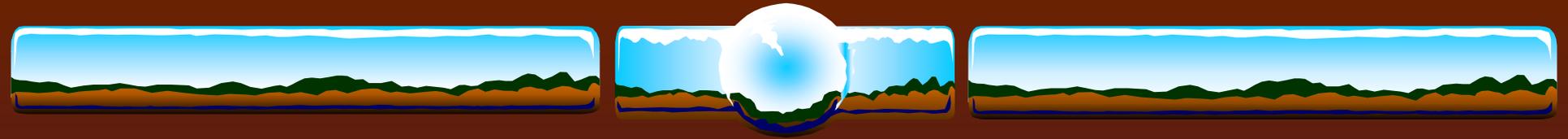


***STRESS* Happens!**

Mark Long

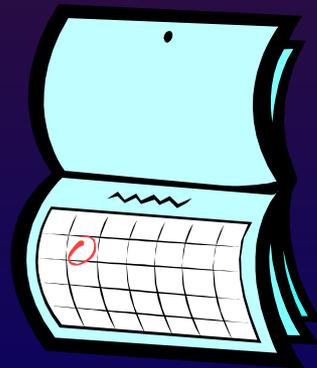
Health Promotion

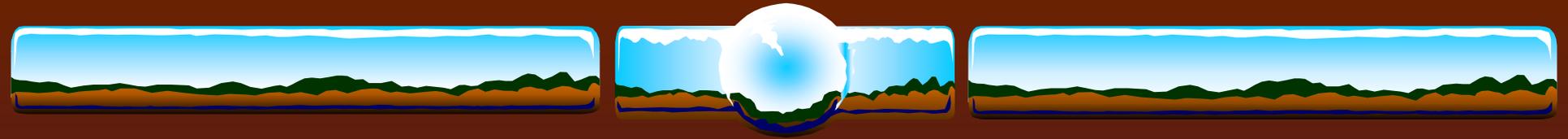
Navy Environmental Health Center



Stress

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

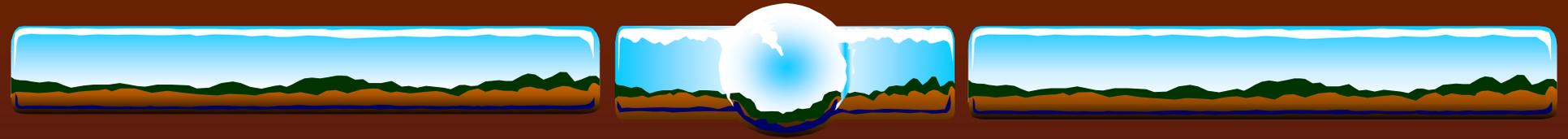




Stress

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

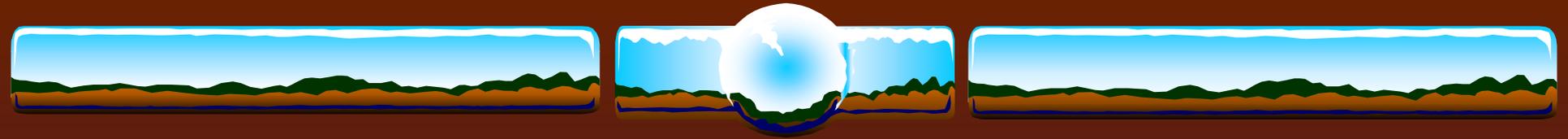




Coping

How do others cope with stress?



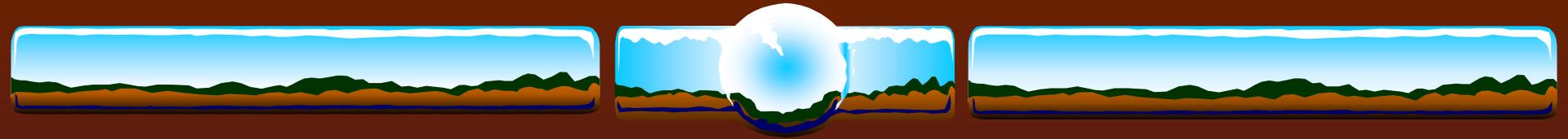


Coping

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

~ H.G. Wells



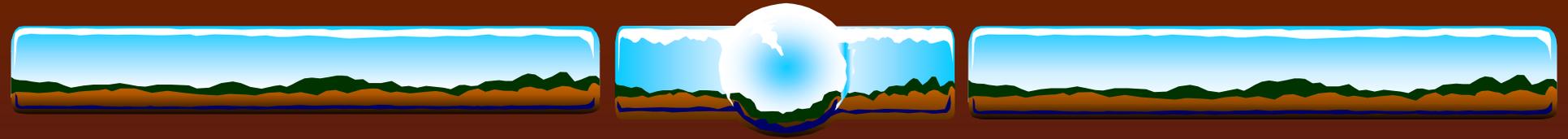


Coping

"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

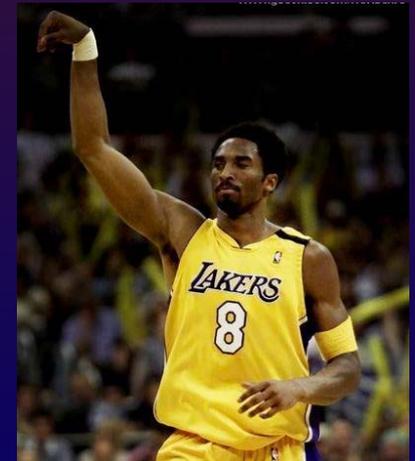


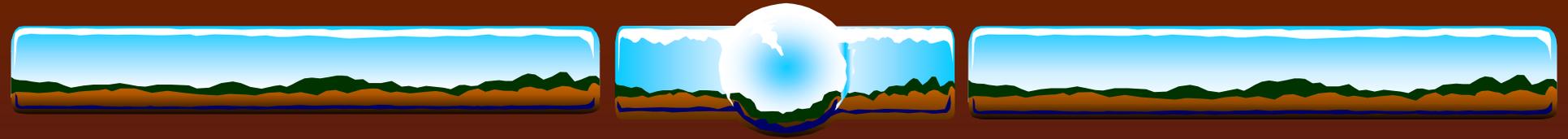


Coping

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

~ Kobe Bryant



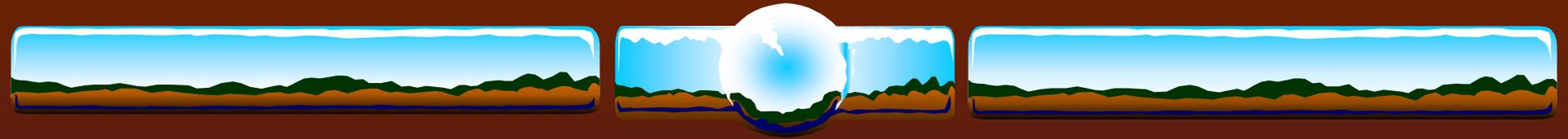


Coping

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

~ Dr. William James

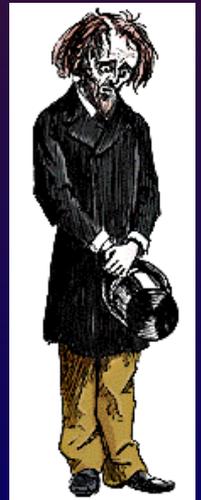


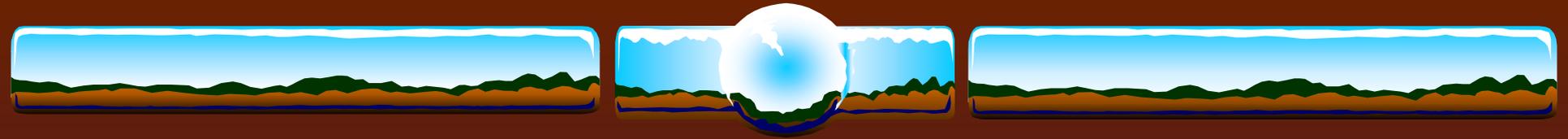


Coping

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

~ Dr. Norman Vincent Peale

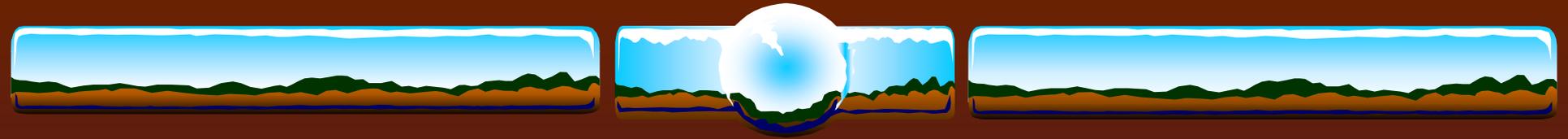




Coping

"Misery is a communicable disease."

~ Martha Graham.

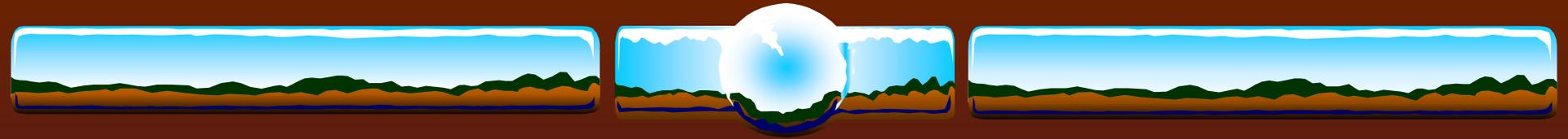


Coping

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

~ William Marriott



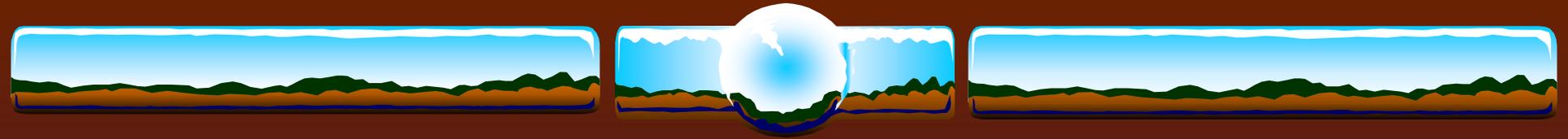


Coping

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

~ Helen Keller



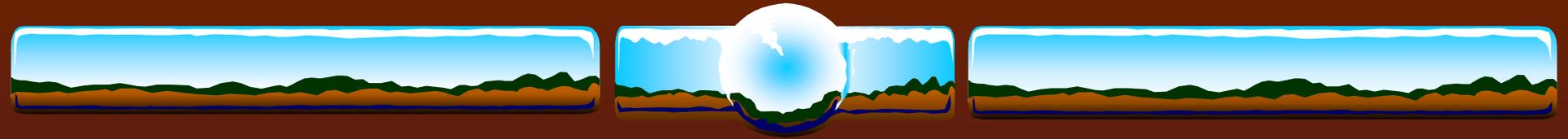


Coping

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

~ Berkeley Health Letter



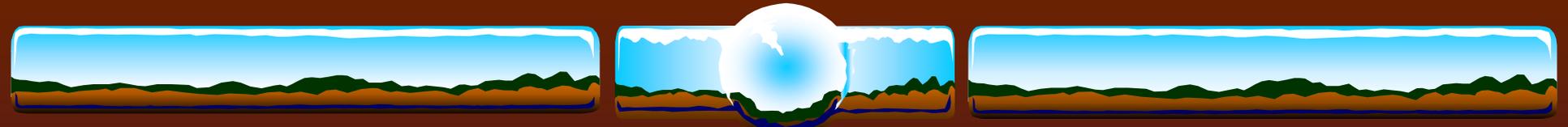


Coping

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

~ Arnold Bennett



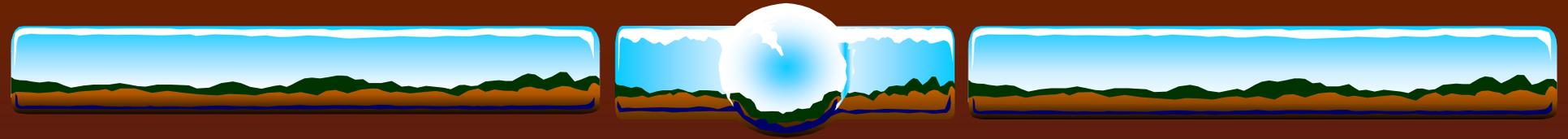


Coping

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

~ Anacharsis



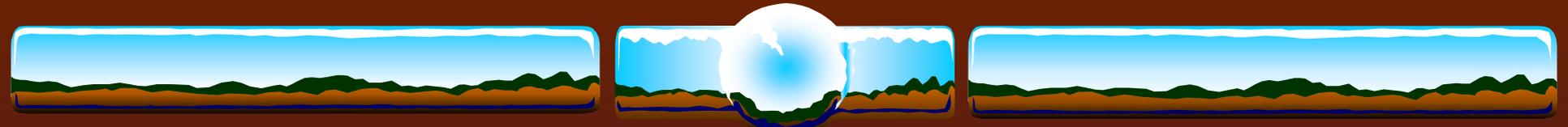


Coping

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

~ **Anonymous**





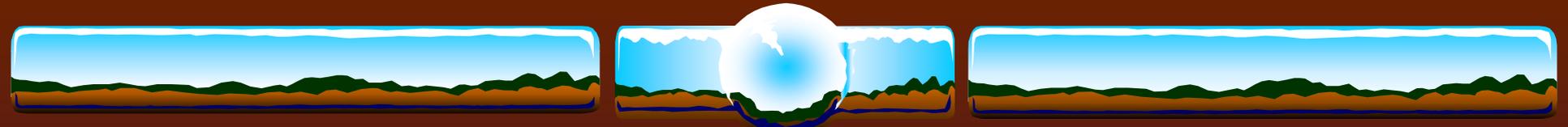
Coping

*"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!