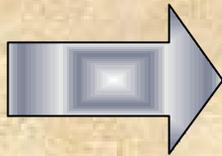


Health Promotion Stress Management Program



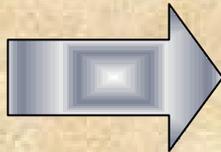
Prevent Stress

- * Reduce stress risk factors
- * Eliminate and reduce stressors

Awareness Activities

- ▶ Stress information provided in the Plan of the Day; and in Stress section of the Command Health Promotion Home Page
- ▶ E-mail messages on stress awareness
- ▶ Loudspeaker announcements on managing stress
- ▶ Stress management materials (handouts, brochures, posters) on a variety of topics are readily available throughout the command
- ▶ Stress management awareness issues are part of the Command Indoc process and yearly training cycle

**Education
&
Motivation**

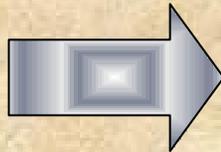


Manage Distress

- * Identify and cope with early signs of stress**
- * Modify responses to distress**
- * Understand links between individual, organizational, family and societal stress**

Educational Activities

- ▶ Wellness and stress breaks**
- ▶ Short briefs on coping strategies to various groups- departments, divisions, Chiefs, First Class, Ward Room...**
- ▶ Lunch and Learn series on stress related areas- parenting, deploying, work, time and money management; road rage, sleep**
- ▶ Health fair with a focus on stress areas**
- ▶ Seminar on stress topics**



Treatment of Stress

- * Treat distress symptomology
- * Person directed counseling for stress

Intervention Activities

- ▶ Managing Stress class offered at command
- ▶ National Anxiety and National Depression Screening Days Program participation by MTF and Family Service Center
- ▶ Stress/Anger management groups offered at Family Service Center and Hospital
- ▶ Individual stress counseling offered at Hospital/Clinic and Family Service Center