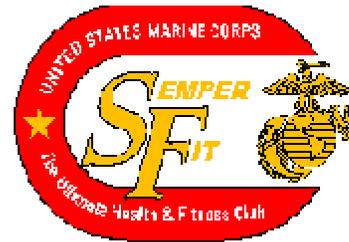


# Stress Management



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What  
is  
Stress?



# Stress is..

- Reaction and response to any kind of change
- Stress is a response to a perceived threat to your well being

- 
- Typically stress is seen as harmful and unpleasant yet stress may be beneficial.

How do **you** view stress?

# Myths about stress\*

- Myth 1      I must be stressed to succeed...
- Myth 2      All Stress is bad...
- Myth 3      If only I could move/change my job/  
leave my spouse/get rid of my boss,  
then my stress would go away...
- Myth 4      There is nothing I can do about stress...

\*From Stuart, E., Webster, A., Wells-Federman, C.L. 1992  
Managing Stress, The Wellness Book



# Common Responses to Stress

- Fighting it
- Flight - Escaping it
- Freezing

Everyone responds  
differently to stressors!

# Top Military Stressors

Sources of stress for men\*

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

\*1998 DoD Survey of Health Related Behaviors

# Positive Ways of Coping With Stress

1. Plan to solve
2. Talk to friend/family
3. Exercise



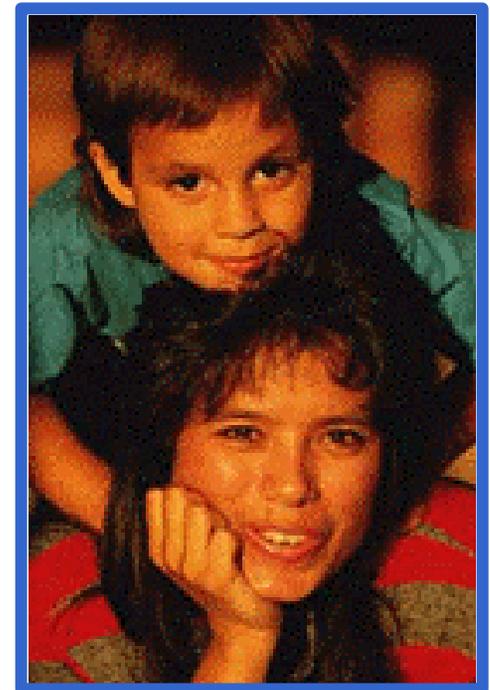
\*1998 DoD Survey of Health Related Behaviors

# How Do You Cope With Stress?



# Stress Reducing Strategies

- How you talk to yourself
- Change own responses



# Strategies for Coping with Stress

Relaxation  
Visualization





# Managing My Stress

How do I cope with stress?

Coping skills I'd like to add?

Poor coping skills I'd like to drop or change are:

People I know who seem to be in control of their lives are:

Things they do which I could try are:

Other things I could do to gain control over my life are:

- Practice your stress management skills regularly!
- One stress management strategy isn't foolproof!
- Build your ability to bounce back!

