

Speaker Notes

Stress Reactions and Coping Mechanisms: Honor Guard

Page 1 – Title Slide

None

Page 2 – Objectives

None

Page 3 – Sources of Stress

None

Page 4 – Stressors for Honor Guard

None

Page 5 – Impact on Family

None

Page 6 – Impact on Family (Continued)

None

Page 7 – Children

None

Page 8 – Singles...

None

Page 9 – Subtitle Slide

None

Page 10 – Stress Reactions

None

Page 11 – Stress Reactions (Continued)

None

Page 12 – Stress Reaction Behaviors

None

Page 13 – “Normal” Coping Behaviors

None

Page 14 – Remember

None

Page 15 – Hope

None

Page 16 – When to Seek Help

- Remember, family and friends can provide support, but if your functioning does not improve, you may want to seek help from a chaplain, Military Family Services or Behavioral Health Services.

Page 17 – Don't Be Afraid to Seek Help

None

Page 18 – Summary

None

Page 19 – Questions

None

Page 20 – Resources

None

Page 21 – Thank You

None

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