



BUILDING STRESS RESILIENCY: MAKING STRESS WORK FOR YOU

Presented by Military and Family Life Counselors

STRESS QUIZ

How much stress have you experienced in the past year?

a) a little

b) moderate

c) a lot



STRESS QUIZ

I believe stress is bad.

a) Yes

b) No



STRESS QUIZ

In what ways can stress impact health?



AGENDA

- Good and bad stress
- Strategies to increase stress resiliency
- The mind-body connections
- Signals of distress
- Type of stress
- Stress busters



OBJECTIVES

- Learn how to make stress work for you
- Learn how your body responds to stress
- Understand how to manage different types of stress
- Practice techniques for reducing stress-related tension



STRATEGIES TO INCREASE STRESS RESILIENCY

- Believe stress is helpful
- Reframe my bodies stress responses
- Connect with other people
- Care for others



IS STRESS BAD?

Stress can have negative effects on the body
however some stress can be good for you

- What type of positive things can still elicit stress?
- Although some things are positive, it still activates a stress response in your body
- Stress is like your body temperature – it can get too high or too low
- Use stress energy in a positive way to meet life's experiences and goals



GOOD STRESS

- Stress can be good for you if you find the right balance. With the right outlook, stress can keep you going strong.
- Positive stress can make life both rich and satisfying.



THE MIND-BODY CONNECTION

- Your mind and body are connected
- When your mind is healthy, you are able to resist illnesses better
- When your body is healthy, your feelings are more positive



CHANGE YOUR MIND ABOUT STRESS CHANGE YOUR BODY'S RESPONSE

Tell myself the truth about stress

- Stress is helpful, can be good, etc.

Re-frame stress response: Stress response is preparing my body to overcome a challenge.

- Increased Heart Rate is preparing my body for action
- Increased Respirations is increasing oxygen to my brain
- Increased Muscle Tension is preparing body for movement



CONNECTING AND CARING FOR OTHERS

Connecting with others is a key component to reducing stress

- Develop a support system
- Have outlets to discuss daily stressors

Caring for others can be a stress management tool - it creates resiliency

- Volunteer work
- Teaching or coaching activities



WHAT TO DO WHEN STRESSED OUT!

- Reduce Body Tension
- Physiology and Emotions are Connected
- Slowing Breathing
- Slows Heart Rate
- Reduces Muscle Tension



SIGNALS OF DISTRESS

Physical Signs

- Headaches
- Loss of appetite
- Teeth grinding

Emotional Signs

- Irritability
- Apathy
- Impatience

Behavioral Signs

- Forgetfulness
- Increase use of alcohol
- Insomnia



TYPES OF STRESS

- Anticipatory Stress
- Situational Stress
- Chronic Stress



HOW TO MANAGE DIFFERENT TYPES OF STRESS

Anticipatory Stress

- Planning is key

Situational Stress

- Breathe! Try and relax as much as possible

Chronic Stress

- Best to handle one day at a time



STRESS BUSTERS

- Take a mental break
- Look out the window for a few minutes
- Laugh
- Finish an easy task
- Close your eyes and picture something peaceful



SUMMARY

- Stress is not inevitably harmful
- What you think and do transforms stress
- Use 4 strategies to increase Stress

Resiliency

1. Believe Stress is Helpful
2. Reframe my body's stress responses
3. Connect with other People
4. Care for other People





QUESTIONS?

RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.Tricare.mil
- Behavioral Health Services



REFERENCES

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THANK YOU

