BUILDING STRESS RESILIENCY: MAKING STRESS WORK FOR YOU

Presented by Military and Family Life Counselors
How much stress have you experienced in the past year?

a) a little
b) moderate
c) a lot
I believe stress is bad.

a) Yes

b) No
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
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

Behavioral Signs
• Forgetfulness
• Increase use of alcohol
• Insomnia

Emotional Signs
• Irritability
• Apathy
• Impatience
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

• Believe Stress is Helpful
• Reframe my body’s stress responses
• Connect with other People
• 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


THANK YOU