



# **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

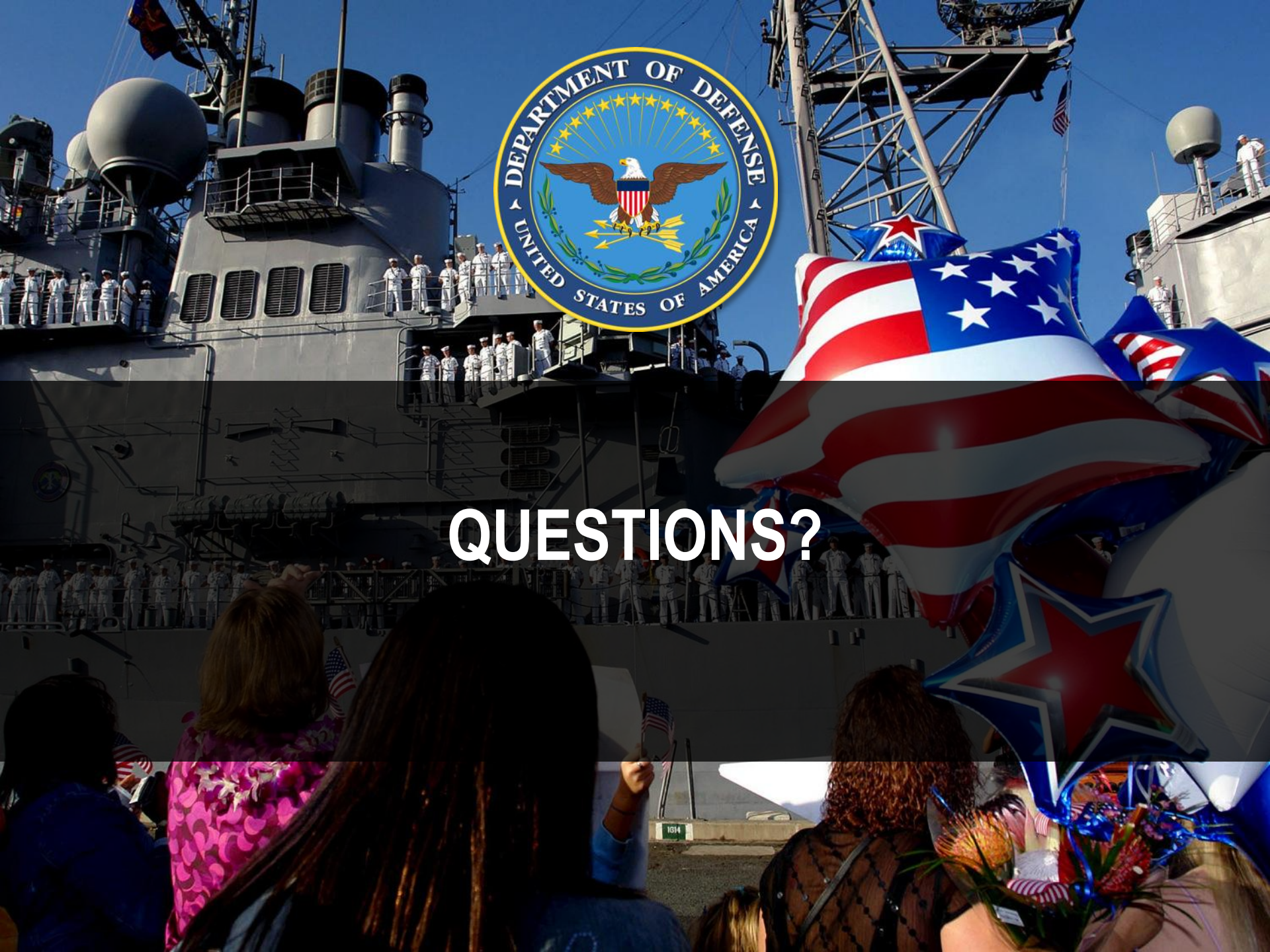
## **Use 4 strategies to increase Stress Resiliency**

- 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](http://www.Tricare.mil)
- Behavioral Health Services



# REFERENCES

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**THANK YOU**

