



YOU HURT. WE HELP.

Psychological and Emotional Well-being

Plan of the Day
Mental Health Notes



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

Mental Health Notes

Select one of the Lists

Option 1

The only person without stress is a dead person.

Stress is the spice of life... Who would enjoy a life of no runs, no hits and no errors? -Dr Hans Selye

Men are disturbed not by things but by the views they take of them. -Epictetus Greek Philosopher

Ask yourself – will it really matter five years from now?

This too shall pass.

When you are talking to yourself, watch your language! -Dennis Waitley

Two rules for stress management: Rule one- Don't sweat the small stuff

Rule two- It's all small stuff. -Robert Eliot

The only thing we have to fear is fear itself. -President Franklin Roosevelt

If you see ten troubles coming down the road, you can be sure that nine will run into the ditch before they reach you. -President Calvin Coolidge

Have patience with all things, but mostly with yourself. -St. Francis de Sales

Love truth, but pardon error. -Voltaire

The person, who pursues revenge, should dig two graves. -Proverb

Things will truly seem different to us when we have quieted down and cooled down. -Montaigne

The art of being wise is knowing what to overlook. -Dr William James

Misery is a communicable disease. -Martha Graham

The crisis of today is the joke of tomorrow. -H.G. Wells

The way I see it, if you want the rainbow, you gotta put up with the rain. –Dolly Parton

Storms make trees take deeper roots. -Claude McDonald

Stress is like an ice cream cone- you have to learn to lick it. -Kathy Wagoner

Any fool can criticize, condemn and complain- and most fools do. -Dale Carnegie

Improvise, adapt and overcome! -U.S. Marine Corps

When it is dark enough, you can see the stars. -Charles Beard

The happiest of people don't necessarily have the best of everything. They just make the most of everything that comes their way. -Unknown

The power that makes grass grow, fruit ripen, and guides the bird in flight is in all of us. -Anzia Yezierska

Everyday give yourself a good mental shampoo. -Dr Sara Jordan

Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one. -Jane Howard

Getting help is a sign of strength. -U.S. Surgeon General Dr. David Satcher

Dealing with stress is a process, not an outcome. -Dr Brain Seaward

All human wisdom can be summed up in two words- wait & hope. -Alexandre Dumas

Great emergencies and crisis show us how much greater our vital resources are than we had supposed. - Dr William James

It takes courage to ask for help, but help can make a difference.

-Real Men Real Depression National Institute of Mental Health

The Navy has a long history of taking care of their own. Now more than ever, let's all use the buddy system and be stellar examples of sailors taking care of sailors. -CDR Tony Doran, USN Clinical Psychologist

[Option 2](#)

When returning home after a tough day at work, take a break! Before tackling other home tasks and chores, give yourself time to chill and to regroup! Work out, go for a run or walk, listen to music. Take some time to recharge!

Coping with Stress

What are the ways that you positively deal with and reduce your distress? Talk to a friend, do something physical, take some quiet time, listen to music, write down what is bothering you, come up with a plan ...

When was the last time you had a stress management tune up? Consider reviewing your successful and poor strategies for dealing with distress.

Sign up for a course, complete web based training, and develop a new stress busting skill to enhance your ability to cope with stress!

Practice Stress Management. If and when you are facing a stressful situation, imagine yourself being relaxed! Visualize the scene and see yourself succeeding!

Close your eyes and sit comfortably. Imagine a favorite place- whether a lake, forest, park, beach, or mountain. Take in everything from the special spot and location. See it, hear it, breathe it, feel it, taste it, smell it... Allow the retreat to take the tensions away and cleanse you... Feel the peacefulness and tranquility of your special place...Enjoy the moment!

Loosen up! Stretch those muscles! Let go of that tension! Begin by tensing and relaxing your neck, shoulders, face, back, arms, lower back, buttocks, legs, hands and feet!

A merry heart doeth good like a medicine. -Proverbs 17:22.

Everyone experiences stress- no matter their age! Kids may need extra help learning the best ways to deal with stress. In what ways are you coaching and teaching them to improve their stress management skills?

Most adults and teens experience anxiety in their lives which is a part of normal living. However, fears and anxieties that are overwhelming and persistent do interfere with normal life. Anxiety disorders are real, serious and treatable! -Anxiety Disorders of America

Anxiety disorders are common in the U.S. They include overwhelming nervousness, fear and anxiety that are chronic, unremitting and may become worse. They may include panic attacks, obsessive thoughts, flashbacks of traumatic events, nightmares, or other frightening physical symptoms. There are effective treatments that can help. -National Institute of Mental Health

Over 6 million men have depression every year. Depression can strike anyone regardless of age, background, socioeconomic status, or gender. -National Institute of Mental Health

Depression is a real illness. It is treatable. -Real Men Real Depression National Institute of Mental Health

If left untreated, depression can lead to personal, family and financial difficulties, and in some cases, end in suicide. With appropriate diagnosis and treatment, most people recover. -Real Men Real Depression National Institute of Mental Health.

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If you see that a friend, shipmate, co-worker or family member is experiencing trouble with stress, depression, anxiety or other personal problems, reach out to them! Ask them what is going on, listen and provide support!

You grow up the day you have the first real laugh - at yourself! -Ethel Barrymore.

Where to go for Help? -Chaplains, Fleet and Family Support Centers, Medical and Mental Health. You may call the National Help Line 1-800-784-2433.

Web based support services to assist me.

Navy One Source www.navyonesource.com

Systematic Stress Management

<http://www.nehc.med.navy.mil/hp/stress>

Put them all away: anger, wrath, malice, slander, and foul talk from your mouth. -Colossians 3:8.

Suicide can be prevented! -National Mental Health Information Center

Women attempt suicide more frequently than do men. Men are four times more likely to successfully complete suicide. -National Mental Health Information Center

Know the Danger signs of possible suicide! They include- depression, anxiety disorders and alcohol abuse and talk of suicide. Other possible indicators of suicide may include - legal, work and financial problems, relationship and marital difficulties, and changes in their moods and behaviors.

IF SOMEONE TELLS YOU THAT THEY ARE THINKING ABOUT SUICIDE, YOU SHOULD TAKE THEIR DISTRESS SERIOUSLY. Listen non-judgmentally, and help them get to a professional for evaluation and treatment ASAP. -National Institute of Mental Health

If someone is in imminent danger of harming himself or herself, do not leave the person alone! You may need to take emergency steps to get help them immediate help! Remove any weapons or access to dangerous items and substances. Ask the command for assistance, take them to medical, or call 911.

The Navy has a long history of taking care of their own. Now more than ever, let's all use the buddy system and be stellar examples of sailors taking care of sailors. -CDR Tony Doran, MSC, USN Clinical Psychologist

If you are thinking about harming yourself or attempting suicide, tell someone right away! Call 911, go to Medical now or call the National Help Line 1-800-784-2433. Seek and obtain Help Now!

Getting help is a sign of strength. -U.S. Surgeon General David Satcher

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

[Plan of the Day & Famous Quotes](#)

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We're committed to our mission of keeping America safe. But we're also committed to the safety and well being of each other. You help to set the standards high when it comes to personal behavior, and if one of our shipmates comes up short, it's part of our responsibility to help them grow into the Sailors we know they can be. It's when the strain becomes especially difficult that they need us the most. The desperation to escape from the stress of deployment, separation from family or financial troubles can lead our Sailors to make terrible personal decisions – sometimes with tragic results. These are the times most of all when your leadership and friendship goes beyond mission-focused to focusing on the personal needs of your shipmates. Being responsible for ourselves and each other helps us all create an environment where all of us can succeed. – Former MCPON Terry Scott