



OPERATIONAL STRESS SELF & BUDDY AID

Common Signs of Operational Stress

- Shakiness
- Fatigue
- Upset Stomach
- Insomnia
- Anger, irritability
- Anxiety, fear
- Loss of confidence
- Poor concentration
- Alcohol abuse
- Changes in moods, behaviors



How to Stay Healthy!

- Remember that stress is normal
- Talk with others
- Think about succeeding
- Take a deep breath, be calm, stay in control
- Continue duties, stay on task, and focus on mission

When Tactical Mission & Safety Permit

- Drink plenty of water and eat warm food
- Dry off, cool off or warm up
- Wash up, shave and change clothes
- Clean weapons, gear & prepare for next mission
- Use relaxation techniques
- Joke and laugh off stress
- Stay physically fit
- Get enough rest and lots of sleep!
- Keep informed and ignore rumors
- Help each other & work together!

