A complete resource for psychological and emotional well-being.

Your job isn't easy.

You are asked to do things most people can't do, be in situations most people can't handle, and make decisions most people can't fathom. These challenges may place a big toll on you. Yet, to be successful in the Marine Corps, you have to be resilient and psychologically strong. That's where the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and Marine Corps Community Services can help. We have the resources and tools to help you navigate stress and strengthen your resilience so you can perform at your best.

If you or someone you know is in crisis, please call the Military Crisis Line for confidential support at 1-800-273-TALK (8255) and Press 1, text 838255, or live chat at www.veteranscrisisline.net/activeduty.aspx. For more ways to connect while abroad, visit www.veteranscrisisline.net/activeduty.aspx.

If you or someone you know would like to talk to someone who understands the challenges unique to military life, access 24/7 confidential peer support by contacting Vets4Warriors at 1-855-838-8255, or access email or live chat at www.vets4warriors.com. Support is available for service members and family members.

Visit our website at http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/psychological-emotional-wellbeing.aspx to find resources on:

- 21st Century Sailor and Marine Initiative
- Resilience
- Combat Operational Stress Control
- Navigating Stress
- Suicide Prevention
- Relaxation
- Anger Management
- Mental Health
- Sleep
- Leader's Guide for Managing Marines in Distress

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at **WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION** and **WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M_RA_HOME**.

For more information on your local resources, contact:

YOU HURT. WE HELP.

Psychological and Emotional Well-being Overview

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

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A resilient warrior.

Military life, especially deployment or mobilization, presents unique and difficult challenges to you and your family. It involves meeting several professional requirements while working long hours in the face of mounting issues and family challenges. Operational and wartime missions can have psychological effects on how you think, feel, and act. We understand this. We offer you the tools and resources that will help you become more resilient, so that you can withstand, recover, adapt, and grow.

The power of psychological fitness.

You could argue that your mind is the strongest muscle in your body. It controls everything — your thoughts, feelings, and behaviors. Psychological fitness involves how you process information, feel about things, and respond to your thoughts and feelings. As a Marine, you need to be psychologically fit so that you can perform at your peak. Strengthening your mind can help you realize your full potential, work productively, and make meaningful contributions. Additionally, psychological fitness can reduce the probability of:

- Engaging in unhealthy behaviors such as excessive alcohol use, drug abuse, and risky sexual behaviors.
- Fighting and impulsive decisions.
- Developing health concerns such as anxiety, depression, obesity, diabetes, and heart disease.

Keep a positive outlook.

You can't change the fact that highly stressful and painful events happen, but you can change how you interpret and respond to them. Try to consider the stressful situation in a broader context and keep a long-term perspective. It helps to look beyond the present to see how future circumstances may be a little better. We provide resources to help you learn how to gain perspective and be resilient.

Taking good care of yourself helps to keep your mind and body primed to deal with challenging situations. Here are some tips:

- Pay attention to your own needs and feelings.
- Engage in activities that you enjoy and find relaxing.
- Exercise regularly. Regular physical activity enhances thinking, learning, and judgment skills as well as improves your mood and sleep habits.
- Get proper amounts of restful sleep for physical and mental fitness.

Worrying is negative energy.

Unrelenting doubts and fears are paralyzing. They drain your emotional energy, send your anxiety levels soaring, and interfere with your day-to-day life. The good news is, chronic worrying is a habit you can learn how to break and change. You can train your mind to stay calm and collected and to look at life from a more positive perspective. Many psychological health concerns are preventable and treatable. Early identification and assistance can help prevent the onset of behavioral and emotional problems, decrease rates of chronic disease, and help you lead a longer, healthier life.

Where to go for help.

If you or someone you know is experiencing a psychological health concern, take action by:

- Talking to your health care provider or chaplain.
- Contacting the mental/behavioral health department at your medical treatment facility.
- Contacting your Operational Stress Control and Readiness (OSCAR) Team or Marine Corps Community Services (MCCS).
- Calling the Military Crisis Line at 1-800-273-TALK (8255) Press 1, texting 838255, or visiting www.veteranscrisisline.net/activeduty.aspx.
- Calling Military OneSource at 1-800-342-9647 or visiting www.militaryonesource.mil.
- Calling DStress line at 1-877-476-7734 or visiting www.dstressline.com.
- Calling Vets4Warriors at 1-855-838-8255 or visiting www.vets4warriors.com.

03/19/15 HPW-000100A