

# Coping with Stress

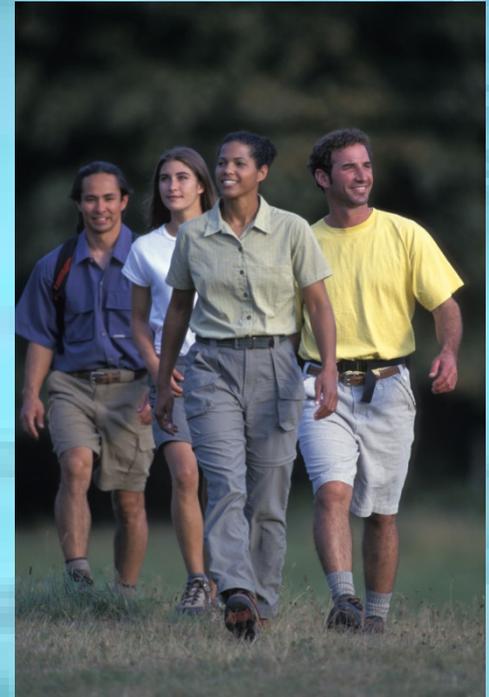


# STRESS

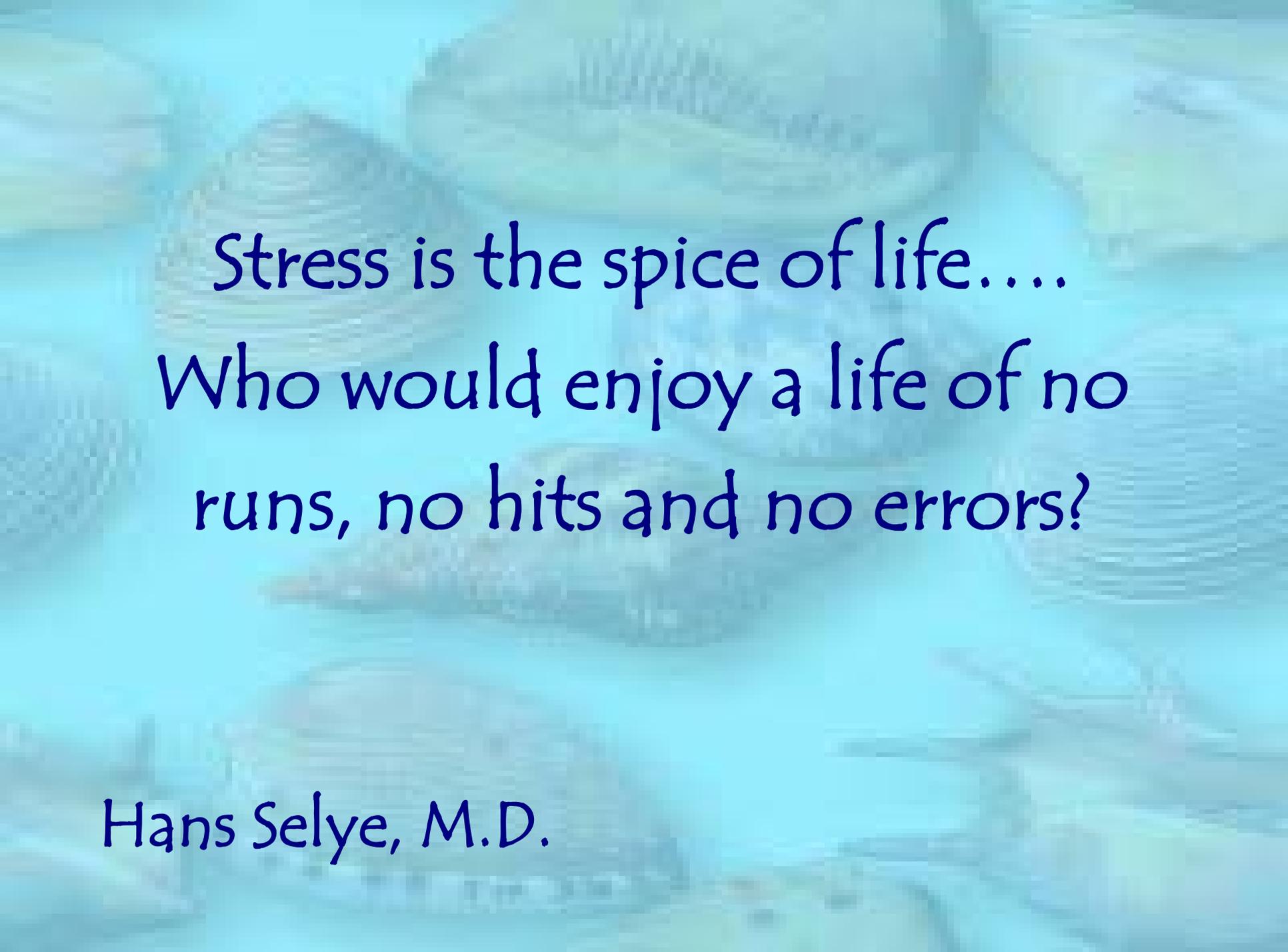
Stress  
is a  
normal  
part of life!



# STRESS



- ◆ Good Stress
- ◆ Bad Stress
- ◆ Stress & Change



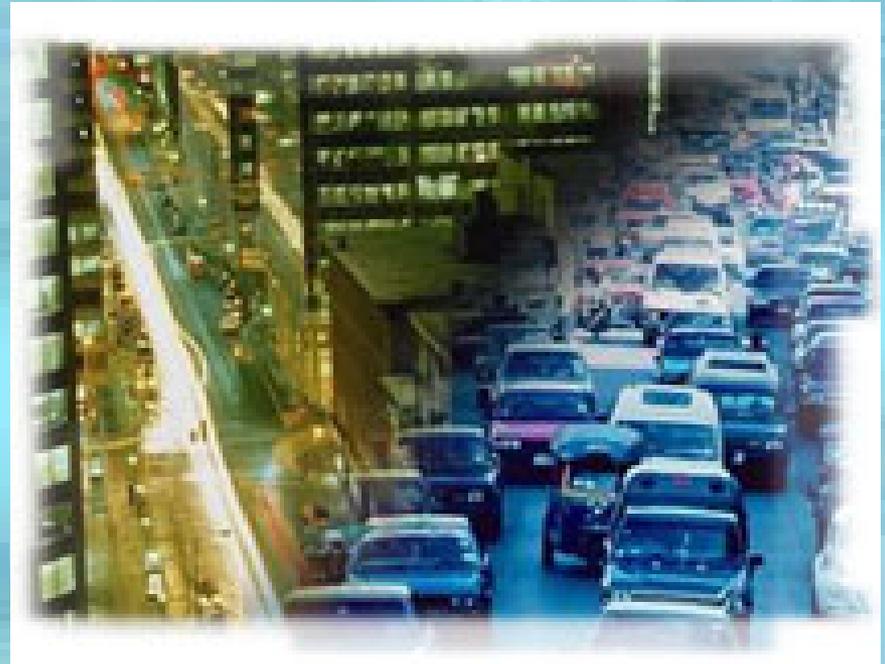
Stress is the spice of life....  
Who would enjoy a life of no  
runs, no hits and no errors?

Hans Selye, M.D.

# STRESSORS



- ◇ Daily Hassles
- ◇ Life Events
- ◇ Time



# Factors Affecting Stress

- ◆ Perspective
- ◆ Beliefs
- ◆ Coping



# Coping with Stress



- ◇ Old coping skills
- ◇ Assess your attitude
- ◇ Worrying





"I have known a great  
many troubles...  
but most of them never  
happened."

Mark Twain

# Coping Skills

- ◆ Fly Away!
- ◆ Reinterpret



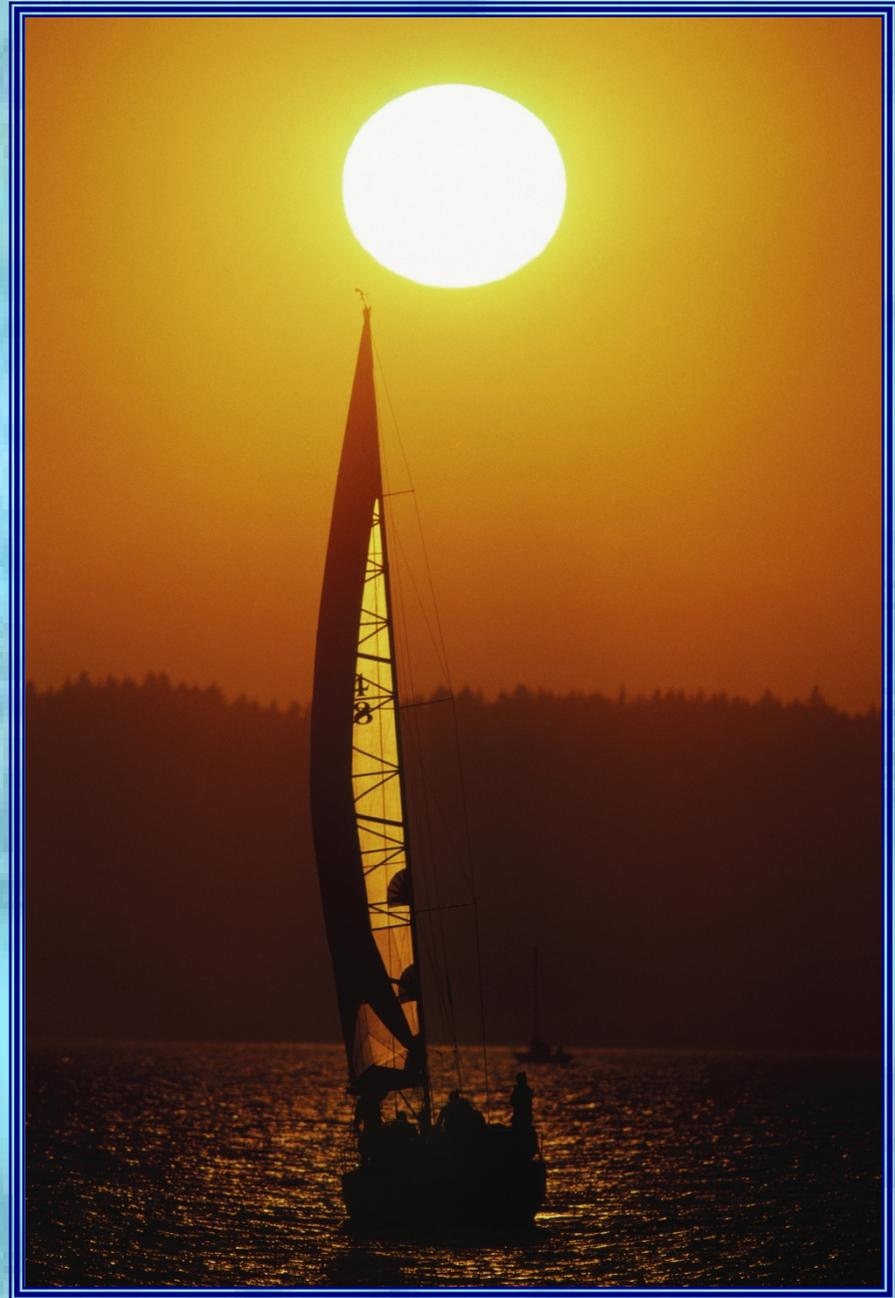


# Coping Skills

- ▣ Positive Self Talk
- ▣ Pick your battles

# Coping Skills

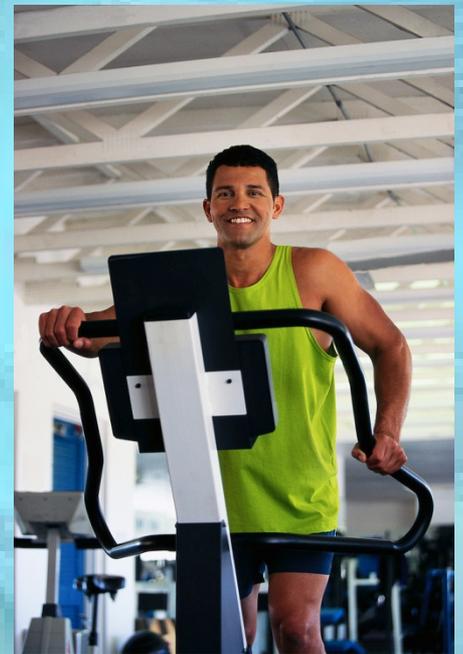
◇ Relaxation





◇ Exercise

◇ Humor



# Rebounding

- ◇ Avoid seeing a crisis as Impossible or Insurmountable!
  - All kinds of things occur, so move on and step over it!
- ◇ Keep things in perspective – may not be as bad or big a deal as you think!
- ◇ Find someone to talk with and hang out!
- ◇ Do something positive!

"The difference between a really good day and a really awful day is not found in what happened but in what you tell yourself about that day"

Thomas Whiteman, Sam Verghese & Randy Peterson

# Coping Choices

- ◇ Options are endless!
- ◇ One size doesn't always fit!
- ◇ Strategies need to be revised!

"We can control our reactions and responses to stress. How we cope with stress is up to us"

Jeff Davidson

# Stress Continuum



In the zone

Optimistic perspective

Effortless

Positive attitude

Okay with stress

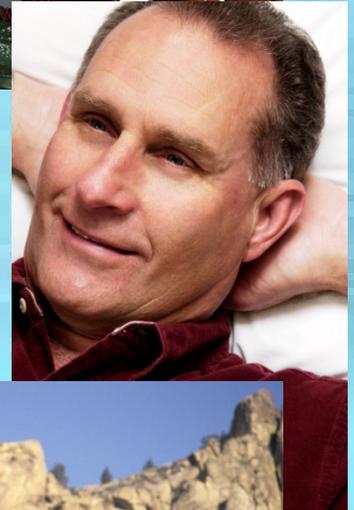
Unhappy

Negative attitude

Troubled

# Coping with Stress

- ◆ Takes practice!
- ◆ Learn new skills!
- ◆ Plan
- ◆ Prevention is more effective than reaction!



# Stress Resources

- ◇ Fleet & Family Support Centers
- ◇ Marine Corps Community Services
- ◇ Chaplains
- ◇ Mental /Behavioral Health
- ◇ MTF Health Promotion Program
- ◇ Military One Source – 1-800-342-9647