



Navigating Stress



Stress is the reaction of your mind and body to dealing with life’s challenges. Unmanaged stress can contribute to anger, depression, weight gain or loss, an increase in blood pressure, irritability, mood swings, anxiety, substance use and/or alcohol problems, relationship and intimacy problems, and can affect your friends, family, and children. Identifying ways to handle and cope with stress is important in order to maintain both your physical wellness and your psychological and emotional well-being; proper stress management can also contribute to faster and improved recovery from illness or injury. Below are some tips and strategies for managing stress.

Tips	Strategies
Identify Sources of Stress	Identifying sources of stress can help us manage our stress and eliminate unnecessary stress. Stress can come from many sources including issues related to our family and relationships, work, financial state, memories of past experiences, chronic pain, transition, or dealing with a health problem such as an injury or an illness. Keeping a journal of what you think may be causing stress may help you better manage stress and seek help for the issues that are difficult to manage on your own.
Take Care of Yourself and Use Stress Reduction Techniques	Taking care of yourself can help your body and mind deal with stress. Maintaining proper nutrition, exercising regularly, getting enough rest and sleep, staying positive, avoiding excessive alcohol use, and avoiding tobacco are an important part of proper self-care. Relaxation and stress reduction can be helpful and can include: Practicing deep diaphragmatic breathing, trying a class in meditation/yoga, using the power of imagery to take you to a place or experience that relaxes and calms you and stretching or mediating.
Talk to Someone or Seek Help	Sometimes we may need help and support from others to effectively manage our stress. This could be a trusted friend, family member, chaplain, counselor, or medical provider. Seek professional help if you experience any of the following: Inability to sleep or sleeping all the time; withdrawing from friends, family and/or society; increased alcohol use; acting recklessly or engaging in risky activities; rage, anger, seeking revenge; anxiety or agitation; dramatic changes in mood; no reason for living; feeling trapped; feeling as though there is no way out; hopelessness.



Resources

Military Crisis Line

The Military Crisis Line is a free and confidential resource hotline and crisis line for service members and veterans as well as their family members and friends. Support is provided by the VA and many of the hotline responders are veterans. Live, confidential support is available regardless of where you are stationed:

Call the **Military Crisis Line** at 1-800-273-8255 and press 1, text 838255 or chat live online at <http://www.veteranscrisisline.net/ActiveDuty.aspx>.

Military OneSource

Military OneSource provides non-medical counseling services for short-term issues and many other resources. Those who qualify have a variety of counseling options including face-to-face counseling, telephone counseling, online counseling and other health and wellness resources. For additional resources, contact **Military OneSource** at 1-800-342-9647.

Marine Corps DStressline

Marines, Attached Sailors, and Families can access professional, anonymous behavioral health counseling via phone at 1-877-476-7734 or live chat at <http://www.dstressline.com/>. The line is staffed with veteran Marines, former FMF corpsmen, Marine Corps family members, and licensed clinicians with specific training in Marine Corps culture to better meet your needs.

Local Resources

The Navy Fleet and Family Services offers Fleet and Family Support Centers that can assist you during times of transition including career and other life changes and provide individual and family counseling resources. Contact your local Fleet and Family Support Center for assistance or additional resources as well as for information on how to access a Military Family Life Consultant. The Military and Family Life Consultant Program (MFLCP) can provide assistance with and counseling for short-term, non-medical issues including helping services members and families cope with stress-related issues. Counseling can be provided for individuals, couples and families. Your local Marine Corps Counseling Center can provide information and counseling resources in the areas of rest and relaxation as well as stress and anger management. Contact your local center for more information. Mental and behavioral health resources are available at your local medical treatment facility (MTF). Contact your regional Tricare office for assistance in locating your local MTF more information.