

Positively Navigating Stress During a Recovery from a Wound, Illness, or Injury

Positive stress management improves your ability to recover, adapt, and grow in the face of your challenges. Goals for positively navigating stress include preventing, reducing, and coping with stress. Your thoughts, behaviors, and use of helping resources will help you effectively navigate stress and assist you in your recovery path.

Navigate Stress - This Way

i Identify sources of stress AND what makes you feel better

 Balance and prioritize

Time management 

 Stress journal



 Get organized
Make a schedule

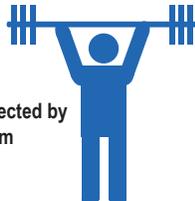
Talk about your stressors 
Military OneSource
800-342-9647

Seek out and accept help 

Local Fleet and Family Support Center
Local Branch Health Clinics
Medical Treatment Facilities (MTF)

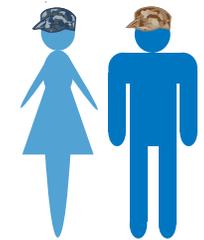
 Breathing and relaxation techniques

 Sleep or Rest

Exercise
*as appropriate and directed by your medical team 

Lifestyle changes 

 Chaplains

 Connect with someone you trust

If you or someone you know is in crisis call, text (838255) or chat with the Military Crisis Line.


Military Crisis Line
1-800-273-8255 PRESS 1

Resources

MCPHC HPW Wounded, Ill, and Injured webpage: www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/health-promotion.aspx
 NMCPhC HPW Relax Relax Toolkit: www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/index.html
 Real Warriors Campaign: www.realwarriors.net/taxonomy/term/16

inTransition: intransition.dcoe.mil/
 Military OneSource: www.militaryonesource.mil
 AfterDeployment: afterdeployment.t2.health.mil/
 Marine Corps DSTRESS Line: www.dstressline.com/
 Vets4Warriors: www.vets4warriors.com/



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



HPW-00024C