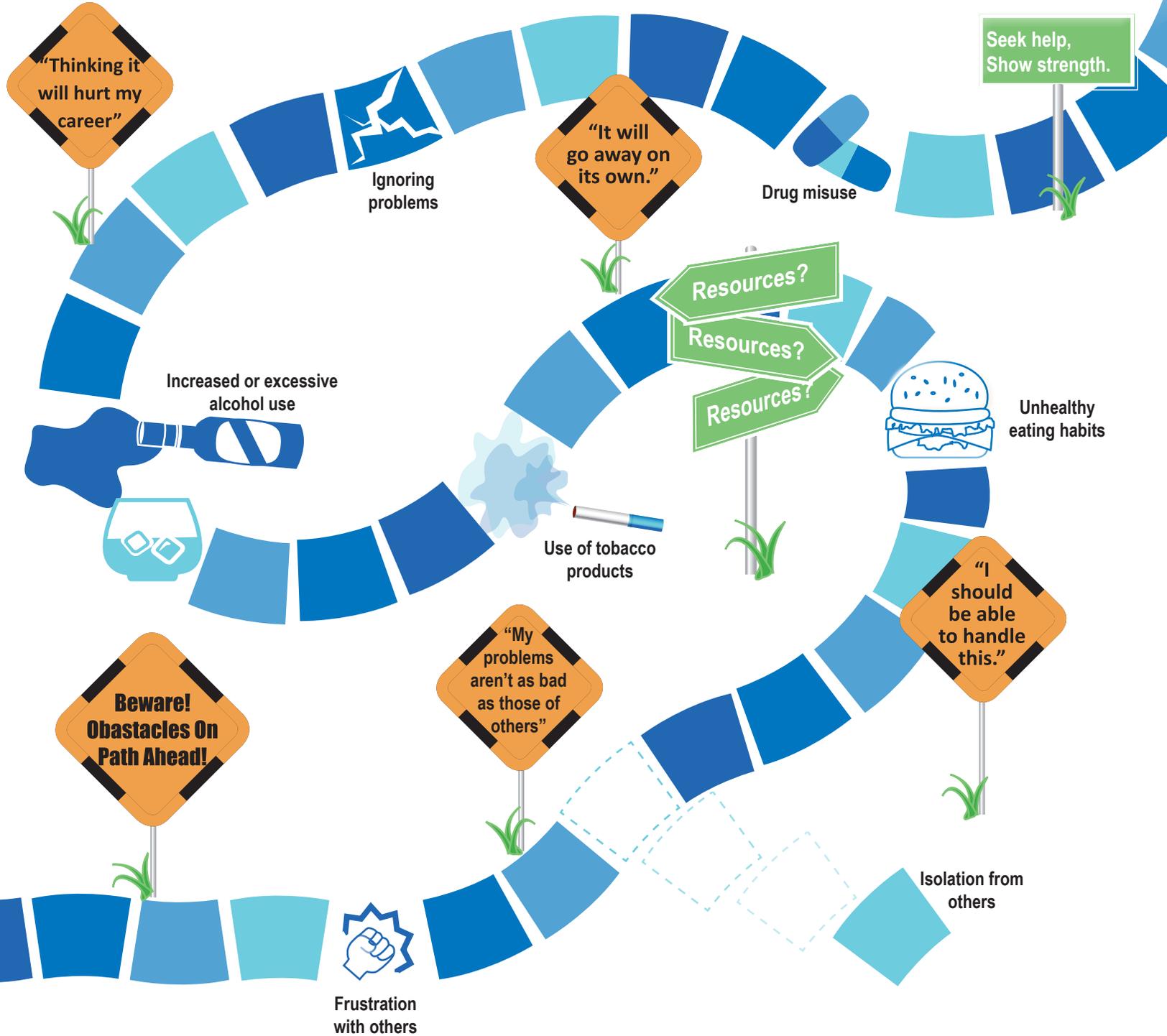


Recognizing the Barriers to Positively Navigate Stress During Recovery from a Wound, Illness, or Injury

You may encounter barriers while navigating stress during your recovery from a wound, illness, or injury. These barriers can be in the form of your thoughts or behaviors, or can be a lack of knowledge about the resources available to help you and your family. It is possible to overcome these barriers. Ultimately, positively navigating stress will help you stay focused on your recovery pathway. Seeking and accepting help when you need it will help you identify challenges early and prevent worsening symptoms.



Resources

NMCPHC 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/