



Coping Skills

There are many proven and effective ways to handle daily, work and life stress. Taking good care of yourself takes practice and experience with learning to get into and to stay in the green zone. Learning to navigate daily stress, and to move from the yellow to the green zone, does take using some strategies and skills. Signs that you may be in the yellow zone may include- irritability, increased distress, isolating and withdrawing from others, poor sleep, fatigue, poor concentration, difficulties with others, work issues, anxiety, loss of motivation, muscle tension and anger.

Healthy Green Zone Coping Strategies

- Exercising and working out
- Getting enough rest and sleep
- Eating nourishing and balanced foods/meals
- Finding time to relax
- Engaging in fun and pleasurable activities
- Using your sense of humor
- Talking and venting with a friend
- Communicating clearly
- Labeling what you are feeling, thinking, experiencing
- Having choices and selecting options
- Praying, and practicing religious rituals



Links:

www.afterdeployment.org

<http://navynavstress.com/>

<http://www.med.navy.mil/sites/nmcscd/nccosc/Pages/welcome.aspx?slider2=1>

http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Stress_Management/stress_resilience.aspx

http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Stress_Management/