

# Understanding Stress During Recovery from a Wound, Illness, or Injury

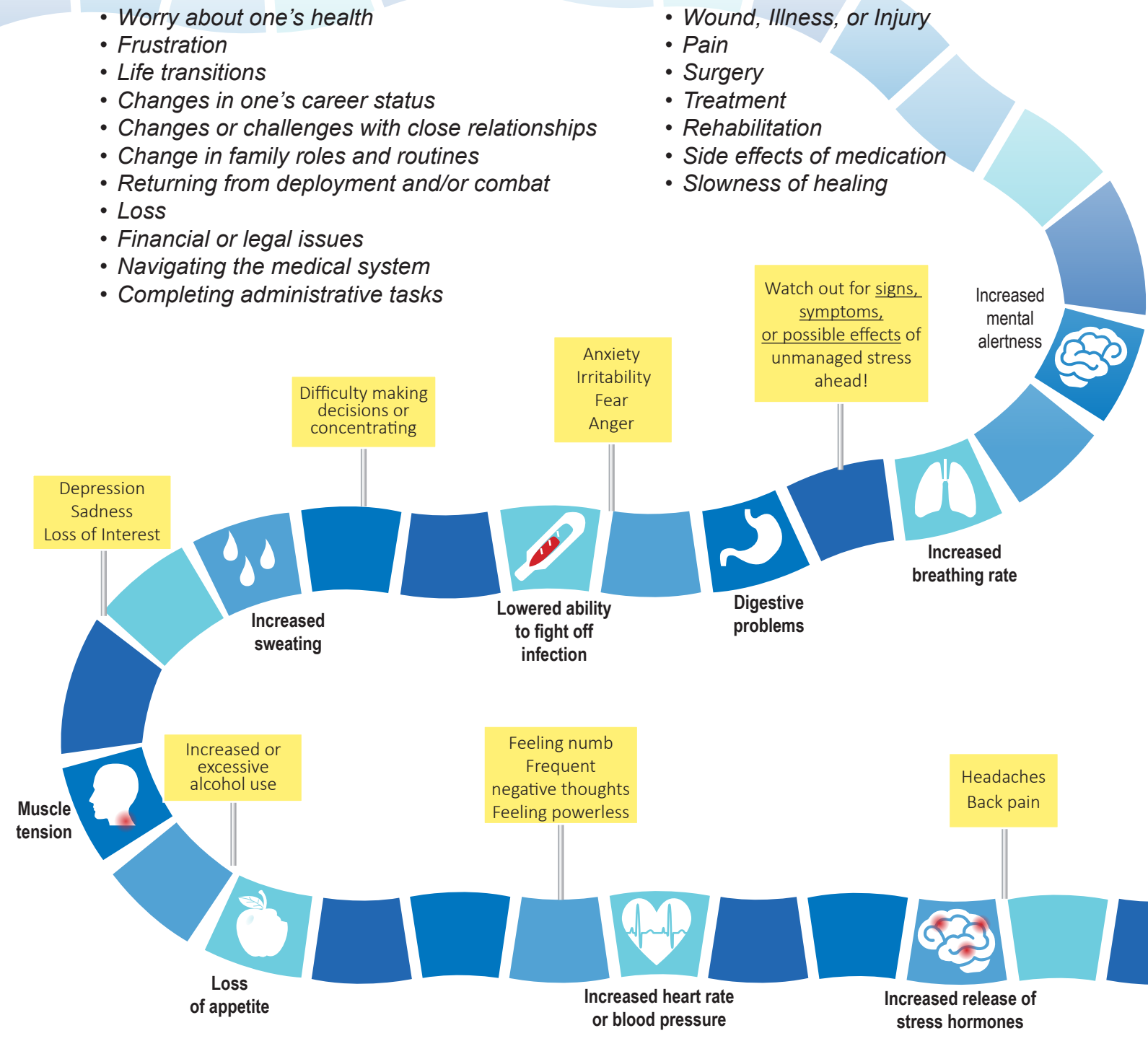
Stress is your body's and mind's reaction to any challenge (stressor) you may face. These challenges can be physical, psychological, social, emotional, or a combination. You may be more sensitive to the effects of stress when you are navigating your pathway to recovery from a wound, illness, or injury. You may be feeling tired, experiencing pain, or having difficulty thinking things through.

## Examples of psychological stressors:

- Worry about one's health
- Frustration
- Life transitions
- Changes in one's career status
- Changes or challenges with close relationships
- Change in family roles and routines
- Returning from deployment and/or combat
- Loss
- Financial or legal issues
- Navigating the medical system
- Completing administrative tasks

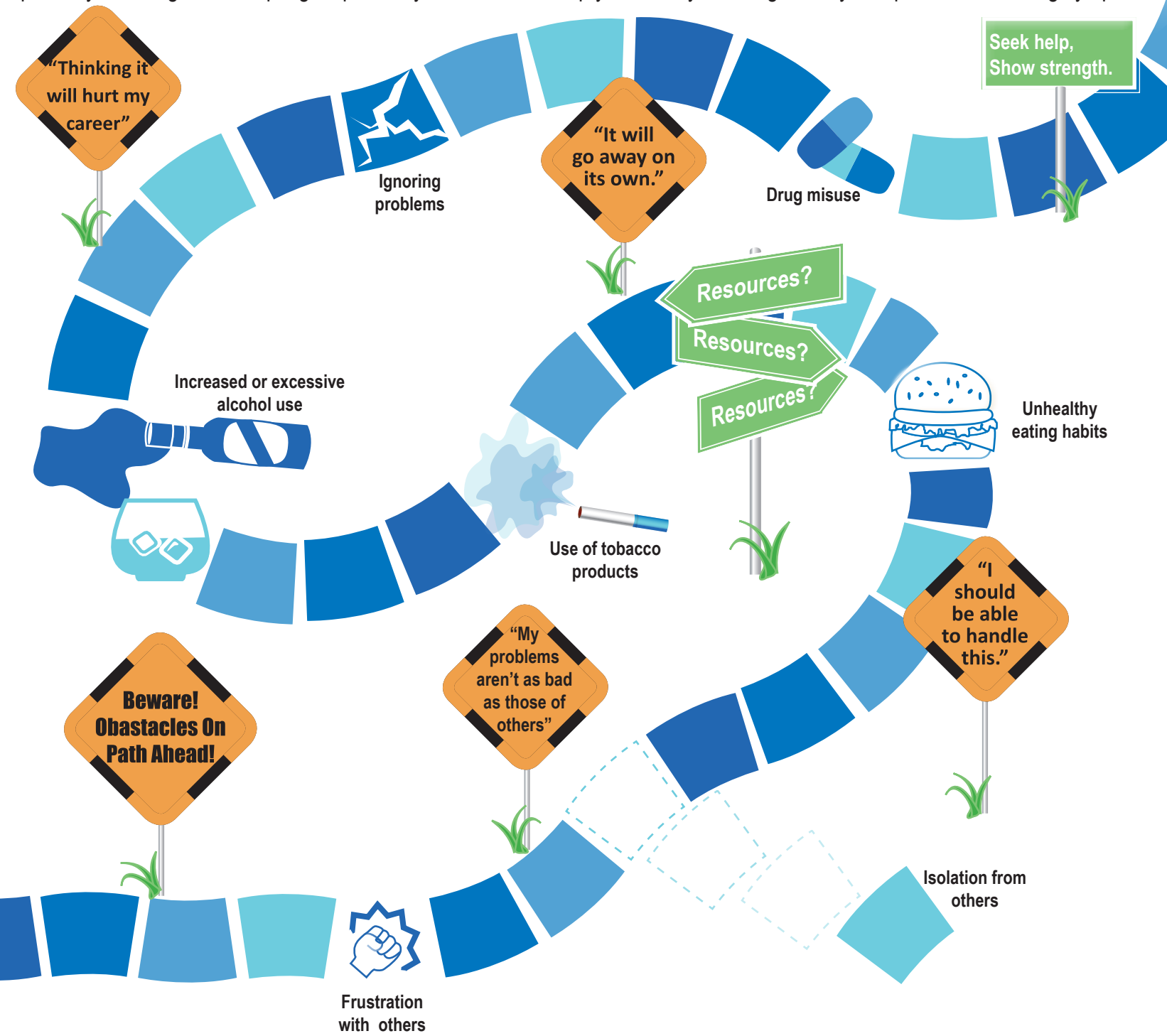
## Examples of physical stressors:

- Wound, Illness, or Injury
- Pain
- Surgery
- Treatment
- Rehabilitation
- Side effects of medication
- Slowness of healing



# 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.



# 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.

