

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

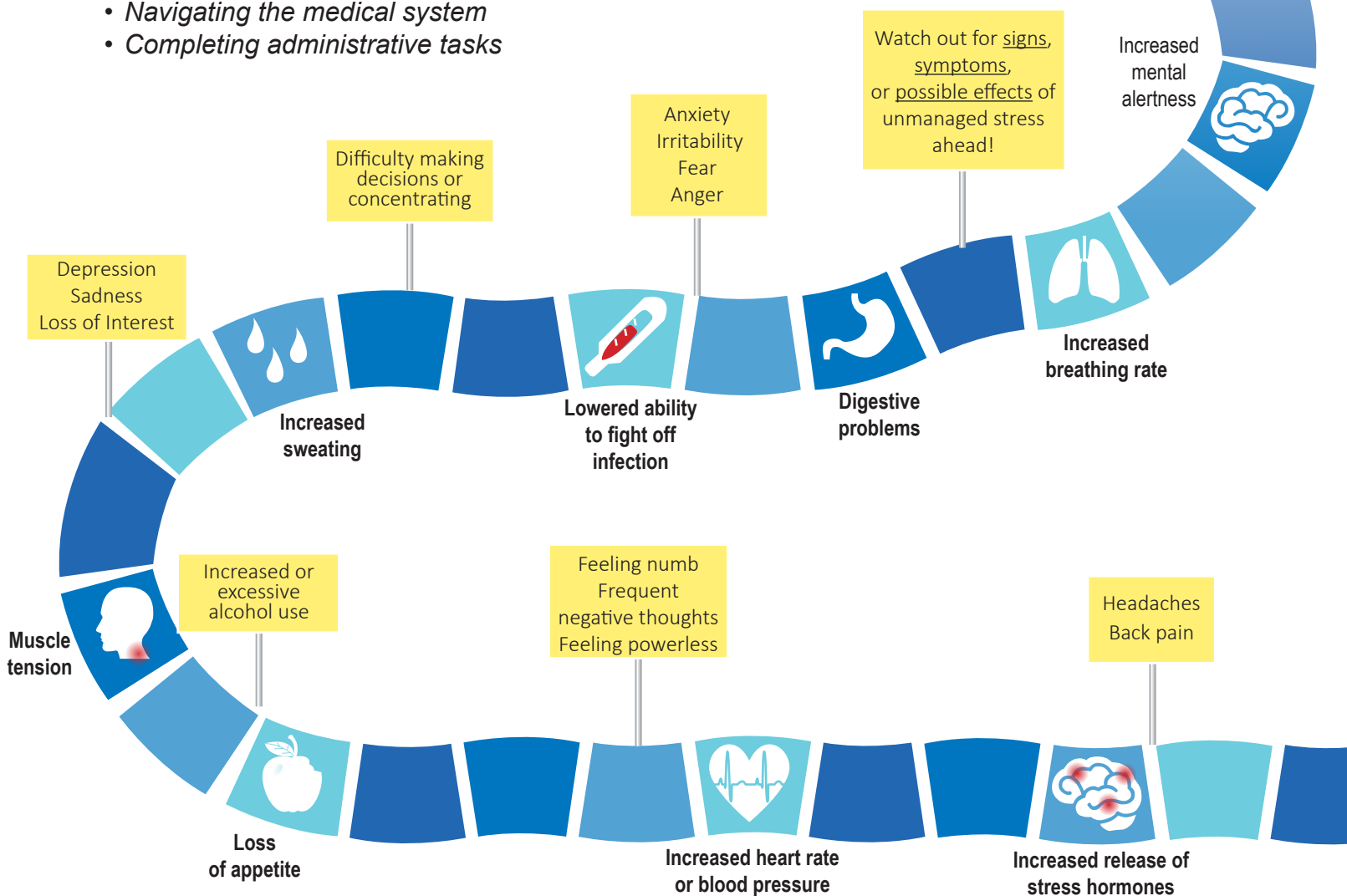
Stress is your body's and mind's reaction to any challenge (stressor) you may face. These challenges can be physical, psychological, social, emotional, or a combination. You may be more sensitive to the effects of stress when you are navigating your pathway to recovery from a wound, illness, or injury.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



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/