

TAKE FIVE

5 Minute Strategies to Support Healthy Treatment and Recovery

Below you will find quick strategies, each related to one of 15 different moods commonly experienced by people coping with a wound, illness, or injury. These include: Energetic, Anti-Social, Focused, Anxious, Relaxed, Frustrated, Hopeful, Depressed, Happy, Misunderstood, Motivated, Overwhelmed, Strong, Tired, and Undecided.

To use these cards, review the mood options and pick one or two cards that best describe how you are feeling at the moment. Identifying how you are feeling is the first step in understanding your emotions and how to address each one.

Each card includes a description of what you might be feeling and a few **practical strategies** to manage or improve your coping skills in the following areas:

- Goal setting
- Tracking progress
- Effective communication
- Connecting with your family, friends, and peers
- Developing healthy habits
- Reaching out for support
- Relaxation techniques

These cards can be used as a tool when you are working with your caregivers, care team, or on your own to help you clarify your thoughts and feelings and take action for success.

For more tips on communication skills, visit the NMCPHC Health Promotion and Wellness Relationships and Intimacy Web page at <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-relationships-intimacy.aspx>.

Chaplains, corpsmen, health care professionals at your MTF or branch clinic, and your local Fleet and Family Support Center can provide assistance if you are feeling depressed, suicidal, or just need to talk. Help is also available 24/7 @ Military Crisis Line 1-800-273-8255 or www.militarycrisisline.net or through Military One Source @ 800-342-9647 or www.militaryonesource.mil.

**Military
Crisis Line**



1-800-273-8255
PRESS 1



800-342-9647

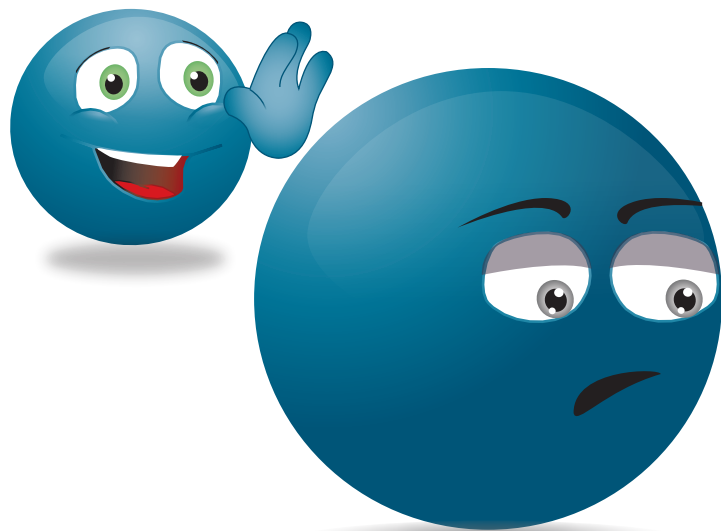


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PREVENTION AND PROTECTION START HERE





ENERGETIC



ANTI-SOCIAL



FOCUSED

ENERGETIC

Having or showing a lot of energy

Your energy level can be influenced by a number of factors: your mood, your physical and psychological health, your recent sleep schedule, medications, and even what you eat. Consider which of these things affect you and what combinations contribute to your optimum energy level. Take advantage of the moments when you are feeling energetic by using the strategies below.

- Talk to your health care team about possible exercises or activities that would be helpful for recovery and capitalize on your high energy.
- Make a list of things you'd like to do while you're feeling energetic. Take out your list during these times; accomplishing something will make you feel more confident.
- Use your energy to connect with family, friends, or peers. Reach out with a phone call, text, email, or through social media.

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ANTI-SOCIAL

Not friendly or not interested in interacting with other people

During treatment and recovery, you may be frequently surrounded by others, including caregivers and medical staff, and sometimes this might leave you wishing you had some time alone or more personal space. "In this situation, it is common to feel agitated and want to be alone.

- Take time to self-reflect and try to understand why you may be feeling this way. This can help you cope with your feelings more effectively.
- Communicate with those around you about your need for personal space, which can help others respect your boundaries.
- If your desire for time alone turns into withdrawal or social isolation, remember that staying connected with others can improve your health and healing.
- Make a list of activities you would like to do (watch a movie or sporting event, play a game, attend a concert) and people with whom you'd like to do those activities. Commit to reaching out to one person in your social circle by a certain date.

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FOCUSED

To direct your attention or effort at something specific

Healing your body takes tremendous focus. Enhanced concentration can help you stay motivated, drive your treatment and recovery, and even improve your mood.

- Consider keeping a schedule and/or a list of tasks nearby to keep you organized and track your progress.
- You may have multiple things to accomplish; to avoid frustration, divide your tasks into small manageable parts. Small wins boost your confidence.
- Use your focused energy to attend to your health and well-being. Sleep hygiene, nutrition, or physical activity all require focus and are important to your treatment process.

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ANXIOUS

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Afraid or nervous especially about what may happen, feeling uneasy or worried

Fear of the unknown can cause anxiety. This is a common feeling when faced with a wound, illness, or injury and during the process of treatment and recovery.

- Try to stay in the present and take on one task at a time.
- It is important to ask your health care team questions and get all the information available to alleviate the anxiety of the unknown. See the HPW [4G Doc Talk Guide](#) to find helpful tips and tools for communicating about your health .
- Keep a journal or a log to help you remember the answers to your questions and concerns and track results to gauge your progress.
- Talk through your concerns with your peers, loved ones, health care team or a support group of other individuals who are going through similar circumstances.

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RELAXED

RELAXED

Not worried or tense, feeling rested

Relaxation time is vital to your healing process; it gives the mind and body a chance to recuperate, heal, and reduces overall stress.

- Allow yourself to enjoy being calm and relaxed. Stay in the moment and try not to distract yourself with thoughts of what comes next.
- Build relaxation time into your schedule. Devote 15 minutes a day to clear your mind and let your body unwind. You may break up the 15 minutes into 2, 3, or more short relaxation breaks during the day and evening. Relaxation is a skill that needs to be practiced.
- Meditation, yoga, breathing exercises, going outdoors, listening to music, or taking a hot bath are all ways to calm the body and mind. Try one of these techniques to decompress.

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FRUSTRATED

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Angry and annoyed, irritable

It is difficult not to get frustrated sometimes, but try not to take out your frustrations on those around you. Coping with a wound, illness, or injury can be a highly stressful time, and it is okay to give yourself permission to feel frustrated and angry, just be sure to find the help you need to cope with these emotions.

- Instead of being reactive, be proactive and address the source of your frustration rather than the surface issues that trigger irritability. Talk to your care team or chaplain or chat with a peer through Vets4Warriors, 855-838-8255 or www.Vets4Warriors.com.
- Take some time for yourself to cool down if you are feeling irritated. Take deep breaths, think of a positive memory, listen to your favorite music, or get some fresh air.
- If you have hurt someone's feelings due to misplaced anger or frustration, making amends can help you maintain healthy relationships and can give you an opportunity to talk to someone about your frustrations.

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HOPEFUL

Full of hope, an optimistic outlook for the future

Feeling hopeful shows a positive attitude in the present, and implies that you see good things on the horizon. Being optimistic for the future will help you cope better with your current situation and can encourage those around you.

- Surround yourself with inspirational people, quotes, books or movies; and when you're feeling hopeful, don't forget to share that feeling with those around you.
- Use your optimistic mood to set goals and think about things that you would like to accomplish. Write down your goals to reinforce your commitment to achieving them.
- Reach out to others who are going through similar challenges. Motivating your peers when you are feeling good will help them feel inspired and confident. Sharing your positive outlook can also bring a sense of satisfaction that comes from helping others.

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DEPRESSED

Feeling sad, unmotivated, hopeless, discouraged

Feelings of depression commonly occur when faced with the challenges of a wound, illness, or injury. If you are struggling with these feelings, communicate with others and reach out for support.

- The health of mind and body go hand in hand. Maintaining a regular sleep schedule and eating healthy are keys to total wellness. If you aren't sure about your diet or sleep, keep a log and share it with your care team to determine what changes might be beneficial.
- Don't be afraid or embarrassed to get professional help if things aren't getting better. Chaplains, corpsmen, health care professionals at your MTF or branch clinic, and your local Fleet and Family Support Center can all provide assistance. Help is also available 24/7 @ Military Crisis Line 1-800-273-8255 www.militarycrisisline.net. Talk to a peer through Vets4Warriors 855-838-8255 www.Vets4Warriors.com.

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HAPPY

Being joyous, content

Coping with a wound, illness, or injury and going through treatment are often transformative experiences. Consider what brings you joy and satisfaction now. Use your positivity as momentum to promote health and wellness.

- Take a moment to reflect on your priorities and on what makes you happy.
- Capture what makes you happy in the moment. Take a picture, write in a journal, or talk to a friend. Refer to these reminders to lift your spirits in the future.
- Cut loose. Do something fun or new to take a break from the norm. Go for a drive, visit a friend, or check out some social and MWR events. Having fun can renew your energy and give you a refreshed approach to your treatment and recovery process.

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HOPEFUL



DEPRESSED



HAPPY



MISUNDERSTOOD

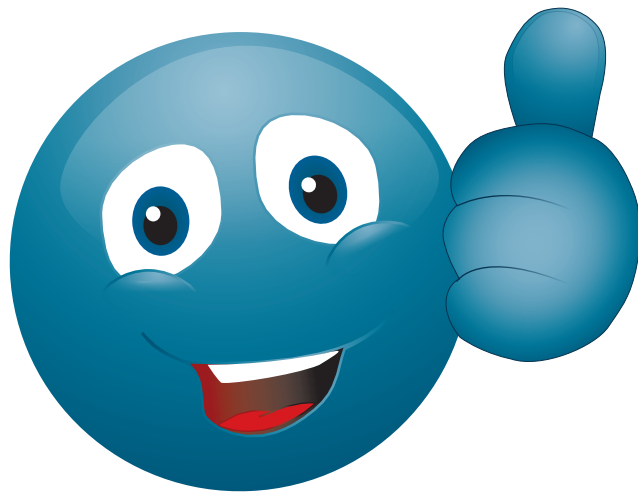
MISUNDERSTOOD

Feeling that others aren't comprehending you or your needs

Feeling misunderstood can be frustrating. Your feelings and what you're coping with on a daily basis are often hard to sort out and express to others. Good communication skills are essential during this stressful time.

- Understanding your own feelings and concerns is the first step in getting them across to others. Make a list of areas in your life where you are feeling misunderstood.
- Communicate your needs to those around you. It may help them meet your expectations. Refer to the list you created to help keep your conversations on track. State your concerns simply and address them one at a time.
- Consider finding a group of people who are experiencing similar emotions and circumstances with whom you can relate.

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MOTIVATED

MOTIVATED

The condition of being eager to act or work

Staying motivated is one of the keys to maintaining your energy and achieving your goals.

- Determine what motivates you and gets you energized. Find ways to include those things in your life as much as possible.
- Setting manageable, achievable goals is a great way to keep your motivation strong. Your care team will help you set goals for treatment and recovery, but don't forget to set personal goals related to your relationships, happiness, and individual growth.
- Take action. Pick something on your list and do it. Tell a friend or peer about your plan so they can help you sustain your motivation

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OVERWHELMED

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Feeling you to have too many things to deal with

It is common to feel overwhelmed as you adapt to all of the changes and new challenges in your life.

- There will be times during your recovery when you can expect to feel overwhelmed. Experiences and feelings that are anticipated and expected are easier to manage.
- Make a list of tasks. Focus on one at a time and resist the urge to multi-task. Accomplishing each task on your list will help you get a handle on what needs to be done and get you moving in the right direction.
- Ask a friend, family member, or peer to help you accomplish a task. Getting help from a friend can make your list more manageable.

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STRONG

STRONG

Solid, able to withstand great force or pressure

Withstanding stress requires both physical and mental strength. During treatment for a wound, illness, or injury you will test and build strength every time you tackle and overcome a challenge.

- Sleep hygiene, exercise, and a healthy diet are all ways to reinforce your strength and are the foundation for keeping a healthy mind and body during treatment and recovery.
- Use your strength to stay on track and follow through on goals you have set for yourself.
- Pick something that you have been putting off and take action.
- Family and friends can help you fortify your strength; reach out to those who encourage you and make you feel stronger.

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TIRED

Drained of energy, feeling a need to rest or sleep

Coping with a wound, illness, or injury and the treatment process can often leave you feeling spent. Multiple doctors' appointments, treatments, recovery time, travel, and waiting time makes it difficult to establish a routine or get enough rest.

- It is vital that you get the rest you need to recover. Sleeping at night and napping when necessary will help your body heal. If you are feeling tired, listen to your body.
- If you have trouble sleeping, it is important to address this with your health care team. Sleep hygiene is a top priority in your process of treatment and recovery.
- Make sure to incorporate relaxation time or meditation into your schedule to prevent feelings of exhaustion. Taking a bath, reading a book, and listening to music are all healthy ways for you to restore your energy.

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UNDECIDED

Not knowing how you feel

Sometimes you don't know how you are feeling. Or you may be feeling many emotions at the same time, which can be hard to sort out. Identifying emotions can help you use the Take Five strategies and over time can improve your ability to manage your emotions.

- Identifying your emotions takes time. Remove yourself from distractions like television or the Internet and ask yourself, "How am I feeling?"
- Learn how your body shows emotion and do a "gut check". You might feel happiness in your chest like your heart is soaring. Fear might feel like a knot in your stomach. Sadness might feel like a lump in your throat. Use your body's signals to help understand your mind.
- Suppressing your emotions can lead to your being out of touch with how you feel or a general feeling of uneasiness. Instead of holding onto feelings of sadness, anger, or guilt, identify ways to express those feelings such as talking about them or writing about them.

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TIRED



UNDECIDED