



A complete resource for psychological and emotional well-being.



Your job isn't easy.

You're asked to do things most people can't do, be in situations most people can't handle, or make decisions most people couldn't fathom. These challenges may place a big toll on you. Yet, to be successful in the Marine Corps, you have to be resilient and psychologically strong. That's where the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and Marine Corps Community Services can help. We have the resources and tools to help you navigate stress and strengthen your resilience so you can perform at your best.

If you or someone you know is in crisis, please call the Military Crisis Line for confidential support at 1-800-273-TALK (8255) and Press 1.

Visit our website at www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx or www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/G_Behavioral%20Health to find resources on:

- ▶ 21st Century Sailor and Marine Initiative
- ▶ Resilience
- ▶ Combat Operational Stress Control
- ▶ Navigating Stress
- ▶ Suicide Prevention
- ▶ Relaxation
- ▶ Anger Management
- ▶ Mental Health
- ▶ Sleep
- ▶ Leader's Guide for Managing Marines in Distress
- ▶ DStress line



To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION and WWW.MANPOWER.USMC.MIL/PORAL/PAGE/PORAL/M_RA_HOME/MF/G_BEHAVIORAL%20HEALTH.

YOU HURT. WE HELP.



Psychological and Emotional Well-Being Overview



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A resilient warrior.

Military life, especially deployment or mobilization, presents unique and difficult challenges to you and your family. It involves meeting several professional requirements while working long hours in the face of mounting issues and family challenges. Operational and wartime missions can have psychological effects on how you think, feel, and act. We understand that and we provide you with the tools and resources to become more resilient. Our goal is to help you withstand, recover, adapt, and grow.

The power of psychological fitness.

You could argue that your mind is the strongest muscle in your body. It controls everything — your thoughts, feelings, and behaviors. Psychological fitness involves how you process information, feel about things, and respond to your thoughts and feelings. As a Marine, you need to be psychologically fit so that you can perform well and at your peak. Strengthening your mind can help you realize your full potential, work productively, and make meaningful contributions. Additionally, psychological fitness can reduce the probability of:

- ▶ Engaging in unhealthy behaviors such as excessive alcohol use, drug abuse, and risky sexual behaviors
- ▶ Fighting and impulsive decisions
- ▶ Developing health concerns such as anxiety, depression, obesity, diabetes, and heart disease

Keep a positive outlook.

You can't change the fact that highly stressful and painful events happen, but you can change how you interpret and respond to them. Try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the situation out of proportion. It helps to look beyond the present to see how future circumstances may be a little better.

[Psychological and Emotional Well-Being Overview](#)

Taking good care of yourself helps to keep your mind and body primed to deal with challenging situations. Here are some tips:

- ▶ Pay attention to your own needs and feelings.
- ▶ Engage in activities that you enjoy and find relaxing.
- ▶ Exercise regularly. Regular physical activity enhances thinking, learning, and judgment skills as well as improves your mood and sleep habits.
- ▶ Get proper amounts of restful sleep for physical and mental fitness.

Worrying is negative energy.

Unrelenting doubts and fears are paralyzing and are not motivating or productive. They drain your emotional energy, send your anxiety levels soaring, and interfere with your day-to-day life. The good news is that chronic worrying is a habit that you can learn how to break and change. You can train your mind to stay calm and collected and to look at life from a more positive perspective. Many psychological health concerns are preventable and treatable. Early identification and assistance can help prevent the onset of behavioral and emotional problems, decrease rates of chronic disease, and help you lead a longer, healthier life.

Where to go for help.

If you or someone you know is experiencing a psychological health concern, take action by:

- ▶ Talking to your health care provider
- ▶ Contacting your Chaplain, OSCAR Team or MCCA
- ▶ Contacting the mental/behavioral health department at your military treatment facility
- ▶ Calling the Military Crisis Line at 1-800-273-TALK (8255) Press 1
- ▶ Calling Military OneSource at 1-800-342-9647
- ▶ Calling DStress line at 1-877-476-7734

