Coping with Stress
Stress is a normal part of life!
STRESS

- Good Stress
- Bad Stress
- Stress & Change
Stress is the spice of life....
Who would enjoy a life of no runs, no hits and no errors?

Hans Selye, M.D.
STRESSORS

- Daily Hassles
- Life Events
- Time
Factors Affecting Stress

- Perspective
- Beliefs
- Coping
Coping with Stress

- Old coping skills
- Assess your attitude
- Worrying
“I have known a great many troubles... but most of them never happened.”

Mark Twain
Coping Skills

◦ Fly Away!
◦ Reinterpret
Coping Skills

- Positive Self Talk
- Pick your battles
Coping Skills

* Relaxation*
Exercise

Humor
Rebounding

- Avoid seeing a crisis as Impossible or Insurmountable!
  - All kinds of things occur, so move on and step over it!
- Keep things in perspective – may not be as bad or big a deal as you think!
- Find someone to talk with and hang out!
- Do something positive!
“The difference between a really good day and a really awful day is not found in what happened but in what you tell yourself about that day”

Thomas Whiteman, Sam Verghese & Randy Peterson
Coping Choices

- Options are endless!
- One size doesn’t always fit!
- Strategies need to be revised!
“We can control our reactions and responses to stress. How we cope with stress is up to us”

Jeff Davidson
Stress Continuum

- In the zone
- Optimistic perspective
- Effortless
- Positive attitude
- Okay with stress
- Unhappy
- Negative attitude
- Troubled
Coping with Stress

- Takes practice!
- Learn new skills!
- Plan
- Prevention is more effective than reaction!
Stress Resources

- Fleet & Family Support Centers
- Marine Corps Community Services
- Chaplains
- Mental /Behavioral Health
- MTF Health Promotion Program
- Military One Source – 1-800-342-9647