Stress Management
Health Promotion Programs
Naval Medical Center, San Diego

FORGE THE FUTURE
Fit Today for Tomorrow's Challenges

United States Marine Corps
The Ultimate Health & Fitness Club
Stress Management

Stress is related to life events

We can’t avoid it.
Definition of Stress

- Response to change
- Perceived threat
- Drains personal resources
Stress: Fight or Flight Response

- Adrenaline pumps
- Breathing speeds up
- Heart pounds
- Blood pressure jumps
- Muscles mobilize
Unrelieved Stress Leads to:

- Muscle and joint pain
- Stomach pain, indigestion
- Anxiety, tension, helplessness
- Anger, irritability, confusion
Understanding Stress

- Perspective
- Self-Talk
- Attitude

Half empty
Half full
Short Circuiting Stress

- Mental
- Verbal
- Physical

I can do it!
I don't ask much... just the same respect the other guys get

Slob! Jerk! Fuddy-Duddy Buffoon! Buncha Idiots!

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Stress Busters

- Get organized
- Rehearse (visualize)
- Do it now
- Know your limits
Stress Busters

- Change your attitude
- Talk it over
- Take a break
- Learn to say “No”
Stress Busters

- Schedule your stress
- Treat your body right
- Positive self-talk
- Take charge
Stress Busters

- Develop a sense of humor
  - Laugh
  - Distract
  - Heal
Communication Tips

- Prepare your ideas
- Don’t interrupt
- Don’t discuss when tired
- Be sensitive to moods
Communication Tips

- Pay attention
- Look them in the eye
- Ask appropriate questions
- Take notes, if needed
Guided Imagery Helps

- Overcome shyness
- Improve communication
- Improve confidence
- Improve athletic ability
Relaxation

- Techniques
- Positive results
Summary

- You’re in charge!
- Face your stressors
- Success comes from practice