**Stress Management Training**

*“Dealing with Stress”*

**Questions:** Does anyone ever get stressed out? What are some common causes of stress?

**Common Life Stressors**

* Major life events – loss of loved one, divorce
* Trauma – abuse (sexual), natural disaster (hurricanes)
* Social – relationships, family, loneliness, social anxiety
* Financial – bills, debt, retirement
* Work – operational temp, deployments, job change, moves
* Health – poor eating habits, lack of sleep, chronic health problems
* Substance abuse – caffeine, alcohol, medications, smoking, drugs

**The Stress Scale** (technically “the Stress Continuum”)

* Green – Ready
* Yellow – Reacting
* Orange – Injured
* Red – Ill

**Stressors:** Common stressors send us from Green to Yellow

**Movement along the Stress Scale**

* Cumulative stress can take us from Yellow to Orange

**Yellow Zone vs. Orange Zone**

* Yellow Zone – like a sprain or strain
	+ Bending from stress
	+ Common
	+ Normal
	+ Always go away
* Orange Zone – like a break (Collar Bone story)
	+ Damage from stress
	+ Less common
	+ Risk for role failure
	+ Risk for stress illness

**Causes of Orange Zone**

* *Trauma*
	+ Life-threatening stress injury
	+ Close brush with death
	+ Terror, horror, hopelessness
* *Loss*
	+ Grief injury
	+ Loss of cherished people or things
	+ Guilt, sadness, longing
* *Inner Conflict*
	+ Ethical or moral betrayal injury (yours or another person’s)
	+ Violation of deeply held beliefs
	+ Anger, shame, guilt, revenge
* *Wear and Tear*
	+ A fatigue injury
	+ Accumulation of stress over time
	+ Depression, anxiety

**Where to Turn/What to Do**

* Green – Train hard, (leaders) build the team
* Yellow – Talk to someone your trust
* Orange – Talk to a chaplain, counselor, or medical
* Red – Seek medical attention

**Develop a Self-Care Plan**

* See slide
* Develop your own self-care plan
	+ *Question*: what are some (PG) ideas for self-care?

**Resources**

* Chaplain Alexander
* CG Support

**Questions?**