

Air Force Medical Operations Agency

Excellent Healthcare, Clinical Currency

WINGMAN DAY



**Stress Management
Breakout Session**



Overview

- **Resilience Defined**
- **Resiliency Attributes**
- **Stress Defined**
- **Identifying Stress**
 - **Signs and Symptoms**
- **Stress Management Strategies**
 - **Positive Coping Skills**
 - **Negative Coping Skills**



Resilience Defined

■ What is Resilience?

- “the ability to rebound or recoil or bounce back”
- “...the property of a material that enables it to resume its original shape or position after being bent, stretched, or compressed” (PHYSICS)
- ...the ability to provide and maintain an acceptable level of service in the face of faults and challenges in normal operations” (COMPUTER NETWORKING)

 “The ability to withstand, recover, and/or grow in the face of stressors and changing demands.” (AIR FORCE DEFINITION)



Resiliency Attributes

- **Physical Fitness**
- **Self-Awareness**
- **Nutrition**
- **Family and Friends**
- **Effective Problem Solving**
- **Social Connectedness**
- **Faith and Spirituality**
- **Being a Good Wingman**
- **Stress Management**
- **Willingness to seek help!!**



Excerpt from “The Stress of Life”

“No one can live without experiencing some degree of stress all the time. You may think that only serious disease or intensive physical or mental injury can cause stress. This is false. Crossing a busy intersection, exposure to a draft, or even sheer joy are enough to activate the body's stress-mechanism to some extent. Stress is not even necessarily bad for you; it is also the spice of life, for any emotion, any activity causes stress.”

--Hans Selye - known as, the father of stress research
“The Stress of Life”



Stress Defined

■ **Stress**

- **A normal psychological and physical reaction to the ever increasing demands of life.**
- **Stress has no favorite time of the day.**
- **Individual stressors vary from one person to the next.**



Identifying Stress

- **Stress management is more than simply identifying stressors in our lives and the lives of our WINGMAN...**
- **Stress management is the action we take to control stressors.**
- **Sources of Stress could be:**
 - **Family life**
 - **Work relationships**
 - **Financial challenges**
 - **Lacking a sense of purpose/meaning**
 - **Deployments**
 - **Health and fitness**
- **Recognizing your own challenges.**



Common Signs and Symptoms of Stress

■ Physical

- Headaches, nausea, dizziness, insomnia, skin breakouts, loss of sex drive, frequent colds, weight gain/loss

■ Emotional

- Moodiness, agitation, irritability, short temper, inability to relax, sense of loneliness/isolation, depression, unhappiness

■ Cognitive

- Memory problems, indecisiveness, inability to concentrate, poor judgment, seeing only the negative, constant worrying, high anxiety

■ Behavioral

- Eating more or less than usual, sleeping too much or little, using alcohol, cigarettes and drugs to relax, nervous habits



Negative Stress Management Skills

- **Excessive Drinking**
- **Smoking**
- **Illegal and illicit drugs**
- **Overeating**
- **Yelling**
- **Acting violently**
- **Throwing or kicking something**
- **Nail biting**



Positive Stress Management Skills

- Talking to your WINGMAN
- Music
- Watching a television program
- Meditation
- Movies
- Fishing
- Camping
- Relaxing
- Yard work
- Hobbies
- Socializing with friends



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