

STRESS MANAGEMENT SMALL GROUP EXERCISE

Stress is a normal psychological and physical reaction to the ever increasing demands of life. **Stress** has no favorite time of day. Individual's stressors vary. **Stress management** is more than simply identifying stressors in your life; it is the action you take to control those stressors. **Stress Management Strategies** are the tools/resources you use to control those stressors. Your WINGMAN is a stress management resource.

When stress occurs or is observed in others, **ACTT** on it. **Approach** them by using a note, phone call, email, something! **Communicate** the warning signs and/or symptoms you observed, **Talk** about the validity of your observation, if needed, help them select an appropriate **Tool** and assist them in resolving the stress.

Stress Warning Signs and Symptoms (not all inclusive)	
<p style="text-align: center;">Cognitive Symptoms</p> <ul style="list-style-type: none"> Memory problems Inability to concentrate Poor judgment Seeing only the negative Constant worrying High anxiety 	<p style="text-align: center;">Emotional Symptoms</p> <ul style="list-style-type: none"> Moodiness Agitation, irritability or impatience Short temper Inability to relax Sense of loneliness and isolation Depression of general unhappiness
<p style="text-align: center;">Physical Symptoms</p> <ul style="list-style-type: none"> Headaches Nausea, dizziness Insomnia Skin breakouts (hives, eczema) Loss of sex drive Frequent colds 	<p style="text-align: center;">Behavioral Symptoms</p> <ul style="list-style-type: none"> Eating more or less than usual Sleeping too much or little Using alcohol, cigarettes & drugs to relax Nervous habits (nail biting, pacing, etc.) Overreacting to unexpected problems Picking fights with others

CASE STUDY SCENARIO

(For use as an ending exercise for the small group discussion on Stress Management)

INSTRUCTIONS: Wingmen are to read and discuss the given scenario and come up with possible solutions to help SSgt Kidd and the real or perceived stressors he is facing.

: SSgt Kidd is 25 years old. Only six months in the unit and he is already in the "Bucket" to deploy. You and others notice he's been agitated and tired for weeks. He yelled at a subordinate in the hallway then went to his office slamming the door behind him. He eats lunch with his wife on Wednesday's but she has not been seen for weeks. They are raising their special needs child. He has no known financial issues. He is normally meticulous; however, his staff meeting notes are disorganized. He is a "Tech Select". He's a routine user of the base fitness center and Red Cross volunteer. He recently sped from the parking lot after being called and reminded of a second missed appointment for his child.

APPROACH	COMMUNICATE	TALK	TOOL
One-on-one - face-to-face, with another co-worker, personal note, phone call, email, text message.	I've noticed something out of the ordinary. You seem agitated and tired.	Are you okay? Can I help? <u>or</u> How can I help with this issue? Is this an issue you'd like to discuss?	(If validated) Refer to a supervisor, shop chief, line supervisor or even suggest seeking helping agency assistance.