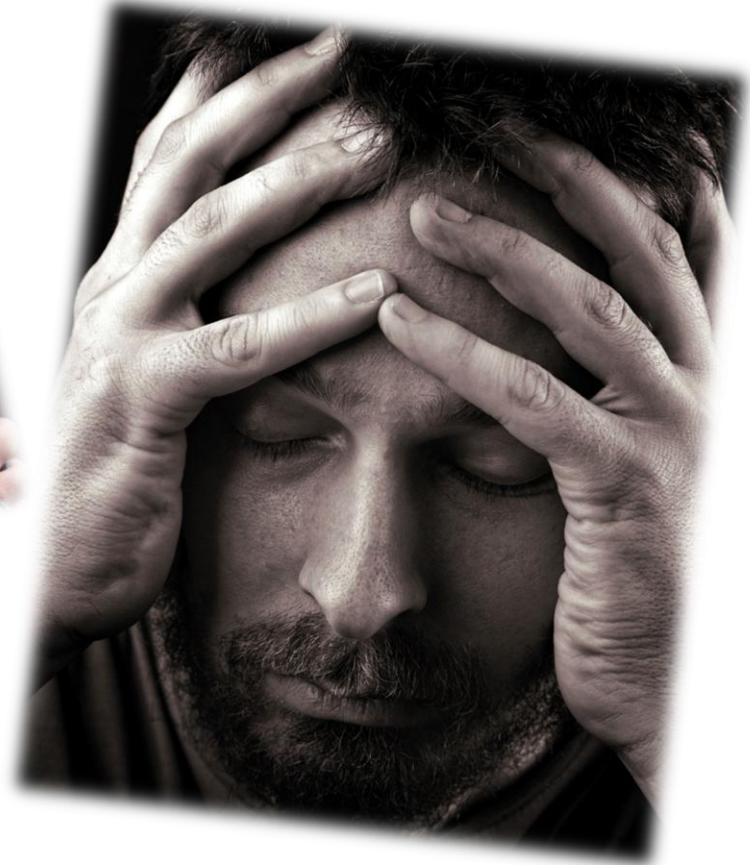




Healthy Living *tips*



Stress Management



Healthy Living *tips*

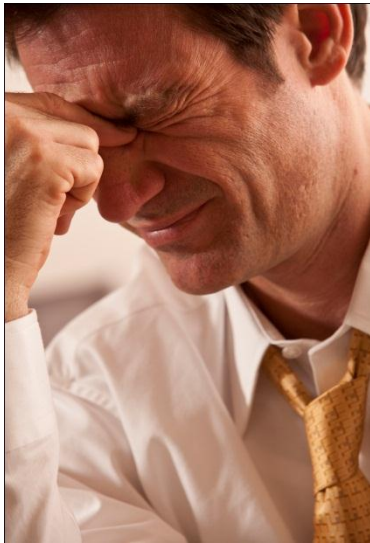


TRICARE Management Activity

What is Stress?

Stress is a physical response to events that make us feel threatened or upset our balance in some way.

Stress affects us all at some point during our lives. The effects can be negative or positive depending on how we handle each situation.



Healthy Living *tips*



TRICARE Management Activity

Causes of Stress

External Causes of Stress:

Major Life Changes

Work

Relationship Status

Financial Problems

Busy Schedule

Children and Family



Internal Causes of Stress:

Accepting uncertainty

Pessimism

Negative self-talk

Unrealistic expectations

Perfectionism

Lack of assertiveness



Healthy Living *tips*

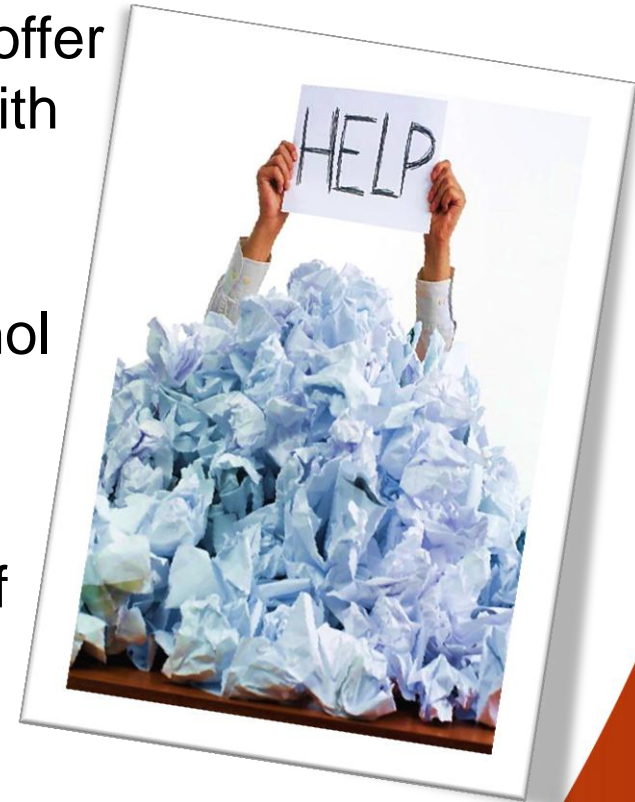


TRICARE Management Activity

Learn to Cope with Stress

The Centers for Disease Control and Prevention offer some tips on coping with stress:

- Avoid drugs and alcohol
- Find support
- Connect socially
- Take care of yourself
- Stay active



Healthy Living *tips*



TRICARE Management Activity

Resources



TRICARE Behavioral Health Care

www.tricare.mil/mentalhealth

Mental Health of America- <http://www.nmha.org>

Centers for Disease Control and Prevention-

www.cdc.gov/mentalhealth/

Veteran Affairs- www.va.gov/

National Institute of Mental Health- www.nimh.nih.gov

Substance Abuse and Mental Health Services

Administration- www.samhsa.gov/



Healthy Living *tips*



TRICARE Management Activity