

Operational Stress Management Techniques

- ◆ Be Aware Of Heightened Stress Levels
 - ◆ Know And Stay In Touch With Your Purpose
 - ◆ Act As A Team Player
 - ◆ It never hurts to say hello to someone you do not know
 - ◆ Always help others on your team.....you are out for the same goal
 - ◆ Maintain Confidence In Your Group
 - ◆ Practice Your Spiritual Beliefs
 - ◆ Rely On Social Support Systems (Pastor, Friends, Family, First Shirt, ...)
 - ◆ Identify What You Can And Cannot Control
 - ◆ Get Enough Sleep!
 - ◆ Get Enough Food!
 - ◆ Exercise!
 - ◆ Get Enough Fluids!
 - ◆ Don't Use Alcohol Or Drugs
 - ◆ Communicate With Others, Especially Your Chain Of Command
 - ◆ Remember that indicators of stress are normal for short periods of time
 - ◆ Don't keep your emotions inside-talk to a friend or call family
 - ◆ Interact with positive people
 - ◆ Use relaxation techniques
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