



Making Good Choices

Coping positively with difficult situations and military life's ups and downs has been found to reduce distress and improve psychological health! Here are the key elements that experts found to help manage stress and improve resilience!

- Use positive distracting activities (games, music, books, and movies).
- Talking to someone for support.
- Taking time every day to calm oneself.
- Exercising.
- Spending time with others.
- Staying busy- mentally and physically.
- Actively applying coping skills and strategies that work in the past.
- Learning to recognize reminders that may upset or bother you. Preparing how you will deal with them such as using positive self-talk, distracting, and breathing.
- Focusing on something practical that you can do right now to manage the situation better.
- Using relaxation methods regularly- such as breathing visualization, and muscle relaxation.
- Drawing up religious, spirituality or person beliefs.



Shutting down may help during stressful circumstances. However afterwards when out of the threatening situation, opening up and relaxing with others is often helpful.

Cultivating a Positive Attitude! Promoting patience, hope, fortitude, decorum and the will, in the worst situations, to do one's best.

- Celebrating successes and taking joy in completing tasks, even small ones.
- Do not be discouraged by setbacks.
- Creating an ongoing feeling of motivation and giving yourself small breaks from the stress of the situation.
- Accepting that the environment is constantly changing.
- Embracing the world that you find yourself and seeing opportunity in adversity.
- Identifying and concentrating on building strengths.
- Accepting circumstances that cannot be changed and focusing on circumstances that one can alter.
- Considering the stressful situation in a broader context and keeping a long term perspective.
- Looking for opportunities to learn something about oneself and finding self-growth in some way.
- Controlling self-defeating statements.
- Realizing that life is not fair and finding a place to make peace with that for yourself.



Adopted from the National Center for PTSD

