



**OFFICER**  
**MEDIA GROUP**  
OFFICER.COM OFFICER

**BASIC  
STRESS  
MANAGEMENT**

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- ▶ The long term impact of stress is well documented.
- ▶ The effects of accumulated stress are NOT just emotional. They are physical, emotional and mental
- ▶ The physical symptoms of accumulated stress are not restricted to heart health. They also include:
  - ▶ Respiratory issues
  - ▶ Skin issues
  - ▶ Headaches
  - ▶ Digestive challenges
  - ▶ Muscle aches & pains

**INTRO COMMENTS**

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- ▶ The symptoms and impact of accumulated stress do not just impact the officer feeling the stress.
- ▶ Accumulated stress can impact efficiency of interpersonal communication
  - ▶ Inability to discuss "what's wrong" can increase how the stress negatively impacts relationships
- ▶ Accumulated stress can cause sexual performance issues
- ▶ Accumulated stress can create/augment fertility issues

**INTRO COMMENTS**

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### Stress Continuum Model

READY <small>(Green)</small>	REACTING <small>(Yellow)</small>	INJURED <small>(Orange)</small>	ILL <small>(Red)</small>
<b>DEFINITION</b> ◊ Optimal functioning ◊ Adaptive growth ◊ Wellness  <b>FEATURES</b> ◊ At one's best ◊ Well-trained and prepared ◊ In control ◊ Physically, mentally and spiritually fit ◊ Mission-focused ◊ Motivated ◊ Calm and steady ◊ Having fun ◊ Behaving ethically	<b>DEFINITION</b> ◊ Mild and transient distress or impairment ◊ Always goes away ◊ Low risk  <b>FEATURES</b> ◊ Feeling irritable, anxious or down ◊ Loss of motivation ◊ Loss of focus ◊ Difficulty sleeping ◊ Muscle tension or other physical changes ◊ Not having fun  <b>CAUSES</b> ◊ Any stressor	<b>DEFINITION</b> ◊ More severe and persistent distress or impairment ◊ Leaves a scar ◊ Higher risk  <b>FEATURES</b> ◊ Loss of control ◊ Panic, rage or depression ◊ No longer feeling like normal self ◊ Excessive guilt, shame or blame  <b>CAUSES</b> ◊ Life threat ◊ Loss ◊ Moral injury ◊ Wear and tear	<b>DEFINITION</b> ◊ Clinical mental disorder ◊ Unhealed stress injury causing life impairment  <b>FEATURES</b> ◊ Symptoms persist and worsen over time ◊ Severe distress or social or occupational impairment  <b>TYPES</b> ◊ PTSD ◊ Depression ◊ Anxiety ◊ Substance abuse



**COMMON MODEL – DISCUSSED IN THIS PROGRAM**

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**READY**  
(Green)

**DEFINITION**  
◊ Optimal functioning  
◊ Adaptive growth  
◊ Wellness

**FEATURES**  
◊ At one's best  
◊ Well-trained and prepared  
◊ In control  
◊ Physically, mentally and spiritually fit  
◊ Mission-focused  
◊ Motivated  
◊ Calm and steady  
◊ Having fun  
◊ Behaving ethically

- ▶ Low/No stress impact on performance
- ▶ In good health and enjoying high mental acuity
- ▶ Not distracted from performance focus
- ▶ Positive outlook and high motivation to perform tasks
- ▶ Mentally and physically calm outside of threatening circumstance
- ▶ Able to fully enjoy time off



READY - GREEN

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**REACTING**  
(Yellow)

**DEFINITION**  
◊ Mild and transient distress or impairment  
◊ Always goes away  
◊ Low risk

**FEATURES**  
◊ Feeling irritable, anxious or down  
◊ Loss of motivation  
◊ Loss of focus  
◊ Difficulty sleeping  
◊ Muscle tension or other physical changes  
◊ Not having fun  
  
**CAUSES**  
 ◊ Any stressor

- ▶ With just minimal accumulated stress, symptoms begin to impact daily performance.
- ▶ With proper management, this low level of stress can be relieved rather than accumulating
- ▶ Can cause crankiness, loss of motivation, lack of focus
- ▶ Combined symptoms can cause potentially dangerous/lethal distractions while working



REACTING - YELLOW

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**INJURED**  
(Orange)

**DEFINITION**

- ❖ More severe and persistent distress or impairment
- ❖ Leaves a scar
- ❖ Higher risk

**FEATURES**

- ❖ Loss of control
- ❖ Panic, rage or depression
- ❖ No longer feeling like normal self
- ❖ Excessive guilt, shame or blame

**CAUSES**

- ❖ Life threat
- ❖ Loss
- ❖ Moral injury
- ❖ Wear and tear

- ▶ So invasive that it can't be ignored
- ▶ Causes a long-term impact or "scar"
- ▶ Can impair judgment
- ▶ Reduces ability to manage anger or aggression
- ▶ Accompanied by feelings of guilt, failure, shame or shouldering blame
- ▶ May require extended periods of time off focusing on stress reduction / management
- ▶ Reduction efforts would benefit from counseling / guided discussion



INJURED - ORANGE

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**ILL**  
(Red)

**DEFINITION**

- ❖ Clinical mental disorder
- ❖ Unhealed stress injury causing life impairment


**FEATURES**

- ❖ Symptoms persist and worsen over time
- ❖ Severe distress or social or occupational impairment

**TYPES**

- ❖ PTSD
- ❖ Depression
- ❖ Anxiety
- ❖ Substance abuse

- ▶ Accumulated stress has reached levels of recognizable impairment
- ▶ Diagnosable mental/emotional disorder(s)
- ▶ Symptoms are no longer temporary but continuous and invasive to daily behavior
- ▶ Has or can lead to substance/alcohol abuse as a coping effort
- ▶ Inability to perform job functions
- ▶ Can cause dangerous levels of distraction



ILL - RED

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- ▶ Proper balance of work / home life.
  - ▶ Sufficient time off with proper focus on recreational activities that avoid work focus
- ▶ Maintaining minimal / recreational / social use of alcohol
- ▶ Regular exercise regimen to maintain cardio and respiratory fitness
- ▶ Eating reasonably healthy diet (80/20 rule)
- ▶ Spending time with "support team" – family, friends.
  - ▶ Minimize / avoid drama. Don't shoulder burden of others' stress



STRESS MANAGEMENT TECHNIQUES

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- ▶ Seek counseling / guided stress reduction discussions with licensed professional / member of the clergy
- ▶ Take additional time off as necessary
- ▶ Don't be ashamed of or avoid the reality of accumulated stress
- ▶ Recognize and address stress-induced negative behaviors (alcohol or substance abuse, self-destructive behaviors)
- ▶ Avoid dependence on OTC medications, i.e. ibuprofen, motrin, aspirin, etc.

**STRESS MANAGEMENT TECHNIQUES**

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