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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