



QUICK RECOVERY FROM STRESSFUL SITUATIONS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

What are some examples of stressful situations?

(Emphasize that stress originates from both your personal and professional life.)

- Stress and stressful situations are simply a part of life that should be expected.
- Must learn to identify the true source of the stress and manage our emotion and reactions to stress in order to refocus our energy to more productive and beneficial thoughts and actions.

What are some examples of how you deal with stressful situations?

(Ask the Soldiers whether they are productive or counterproductive?)

Self-Awareness and Self-Regulation are key skills to effectively managing and recovering from stress.

What does SELF-AWARENESS mean to you?

- Goal is to identify the source of stress while also identifying what aspects you have control over, so you can focus your energy on self regulation and the things you do have control of.

How would you describe SELF-REGULATION?

- Stop counterproductive thinking, express your emotions appropriately and effectively manage the situation
- Relaxation, exercise, talking to other, participating in activities you enjoy, and sleep are examples of productive things you can do to help refocus your energy towards productive problem solving.