



# STRESSORS AND RELIEVERS

TASK: Identify what is stress, what can cause stress and ways to relief stress.

CONDITIONS: Leaders facilitate a group discussion.

STANDARDS: Leaders and Soldiers understand what is stress, what causes stress and ways to limit stress to have a positive impact on their performance on duty, their relationships, their physical and mental health.

REFERENCE(S): Military One Source/Military.com/  
Dictionary



# STRESSORS AND RELIEVERS

## MAIN POINT #1 What is Stress?

- Stress is the emotional and physical way in which we respond to pressure.
- Stress is your body's response to anything that disrupts your normal life routine.
- Stress is mental, emotional, or physical strain caused, e.g. by anxiety or overwork.



# STRESSORS AND RELIEVERS

MAIN POINT #2 What are some things that can cause stress?

- Financial Problems
- Marriage Problems
- Health
- Promotions
- Overworked
- Lack of Sleep
- Unhealthy Eating Habits



# STRESSORS AND RELIEVERS

## MAIN POINT #3 Ways that can help relief stress.

- Budget: balance your finances, adapt to the cost of living.
- Take care of yourself: get enough of sleep, exercise and eat healthier.
- Have a positive outlook: have a positive “can do” attitude to keep your stress level under control. Focus on things that make you feel good to keep you from dwelling on negative thoughts.
- Time management: balance professional and personal life. Make time, invest in family/marriage and things you enjoy doing.
- Prepare for Promotion: promotion requires diligence and preparation. Make the effort, in advance, to know and understand what is expected for the next rank.