Effective stress navigation doesn’t start once stress becomes a distraction; it starts by planning ahead and exploring our available resources while we’re still **emotionally and physically healthy**. This Stress Navigation Plan is your own prioritized list of positive strategies and support resources that you can refer to in times of stress or adversity. Keep it in an easily accessible place (ex. your desk drawer or as a photo in your smartphone) so that you can use it to help you make healthy decisions during life’s inevitable challenges. Your Stress Navigation Plan is a personal, confidential and proactive tool to help you thrive during adversity, not just survive.

1. **How do I know when I’m stressed out?**
   a. Physical signs (ex.: change in energy level, muscle tension, etc.):
   b. Emotional signs (ex.: negative thoughts, feeling overwhelmed or anxious, easily agitated, etc.):
   c. Social or behavioral signs (ex.: withdrawing from friends or family, lashing out in anger, increased alcohol, drug or tobacco use, etc.):

2. **These strategies or actions help me when...**
   a. I need a good laugh:
   b. I need to relieve stress on my own:
   c. I need to reenergize my connections with others and/or my spirituality:
   d. I am not able to sleep:
   e. I find myself thinking negatively and need to refocus:

3. **Who do I talk to or reach out to when I encounter... (list names and phone numbers)**
   a. Unfamiliar situations or life changes?
   b. Work or career stress?
   c. Relationship stress?
d. Financial stress?

e. Feelings of despair and/or loneliness?

f. Grief, loss or feelings of failure?

4. Today I am grateful for:

5. One thing I look forward to accomplishing in the future is:

Your Local Resources:

⇒ Command Chaplain (name, location, phone number):

⇒ Local Fleet and Family Support Center (location and phone number):

Other Stress Navigation and Crisis Resources:

⇒ Military Crisis Line: Confidential support 24-hours a day, 7 days a week. Call 1-800-273-TALK (8255) Option 1, text 838255, or chat online at www.veteranscrisisline.net

⇒ Military OneSource: Confidential non-medical counseling and services. 1-800-342-9647 or online at www.militaryonesource.mil

⇒ Navy Chaplain Care: What you say to a Navy chaplain stays with a Navy chaplain unless you decide otherwise. Speak with your nearest command chaplain or request chaplain support through Navy311. Call 1-855-NAVY-311, email Navy311@navy.mil or visit www.navy311.navy.mil.

Seeking help is a sign of strength. It’s okay to speak up when you’re down.