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JUNE 2020

*Life Counts!*  
Ask Care Treat



## Stress vs. Distress: Recognize the Differences

Stress takes on many forms and looks different for everyone. Recognizing and addressing your stressors before they escalate to distress is important. Even understanding the **physical signs of stress** unique to you (e.g., muscle tension, upset stomach) helps your mind feel more empowered to transform anxious thoughts to more relaxed feelings.

According to the **American Institute of Stress**, stress can produce both positive and negative impacts on individuals physically, emotionally or mentally. The **Cleveland Clinic** mentions how stress that progresses to distress may lead to headaches, **elevated blood pressure**, problems sleeping and a heightened sense of anxiousness.

Sometimes, intrusive thoughts or memories lead to heightened anxiety. Addressing feelings when you feel them is important, even if that means trying new behavioral techniques or taking a break to help you stay healthy.

Eustress, also commonly referred to as "**good stress**," may actually help you learn new skills, navigate major life changes and determine how to effectively address new roles and responsibilities. Too much eustress is not good, but when experienced in manageable moments, it can improve our well-being.

Successfully overcoming smaller stressors helps build resilience and equips you with the tools to address other concerns. **Positive thinking** often goes hand-in-hand with eustress and may help you view perceived barriers as opportunities to grow rather than challenges that feel overwhelming or cumbersome. Setting reasonable expectations, giving yourself daily affirmations or **expressing gratitude** may also help boost your outlook.

The Navy Suicide Prevention Program's **Stress Navigation Plan** contains actionable strategies for how to recognize and respond to stress. Thinking more positively is made easier once you've set healthy habits.

For more ideas on how to understand your stressors and refocus your stress, try completing activities from **this**

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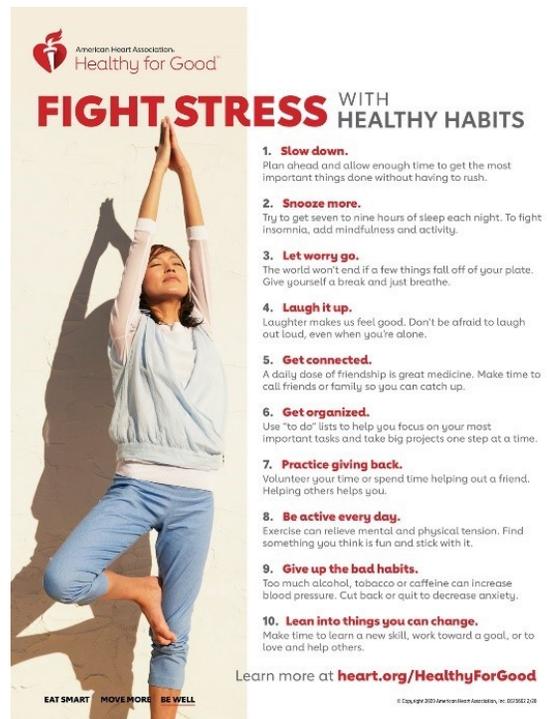
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**worksheet** from the **U.S. Centers for Disease Control and Prevention**.

When navigating daily stress, remember that it's okay to speak up when you're down. Seeking the help of a qualified professional can help you understand your symptoms, build new coping skills and live a full, productive and meaningful life. For immediate help, call the Military Crisis Line at 1-800-273-8255 and press 1. The Psychological Health Center of Excellence Resource Center is also available 24 hours a day to provide information to military members, veterans and their families with questions about psychological health. Additionally, **Military OneSource** is a confidential, Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to military members and their families and can provide advice and guidance.



**FIGHT STRESS WITH HEALTHY HABITS**

- 1. Slow down.**  
Plan ahead and allow enough time to get the most important things done without having to rush.
- 2. Snooze more.**  
Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.
- 3. Let worry go.**  
The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
- 4. Laugh it up.**  
Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
- 5. Get connected.**  
A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.
- 6. Get organized.**  
Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.
- 7. Practice giving back.**  
Volunteer your time or spend time helping out a friend. Helping others helps you.
- 8. Be active every day.**  
Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
- 9. Give up the bad habits.**  
Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
- 10. Lean into things you can change.**  
Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at [heart.org/HealthyForGood](http://heart.org/HealthyForGood)



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## LIFELINK SPOTLIGHT

Naval Chaplaincy School and Center Provides Weekly Words of Encouragement

*By Mass Communication Specialist 2nd Class Derien Luce,  
Naval Education and Training Command Public Affairs*

NEWPORT, R.I. – The team from the Naval Chaplaincy School and Center (NCSC) has recently begun a social media outreach for Sailors and their dependents entitled, "Weekly Words of Encouragement."

The program's purpose, which began April 3, is to inspire faith and hope in the hearts and lives of people during the Coronavirus 2019 (COVID-19) pandemic.

Each week, Capt. Carey Cash, NCSC Commanding Officer, uploads a video with encouraging words to the NCSC Facebook page. Other chaplains will soon post videos.

"In the midst of continuous changes, Sailors are offered the consistent message of God's faithfulness and are encouraged to invest in their spiritual lives and the lives of others," said Cash.

Cash goes on to say that chaplains serve as bearers of hope.

"Crisis, quarantines, isolation and uncertainty are the exact places where chaplains can offer real hope," said Cash. "As one chaplain told me, 'We get to offer the best possible ministry on what may be another's worst possible day.'"

To view the "Weekly Words of Encouragement," visit the NCSC's [Facebook page](#).

Almost 200 chaplains and 200 religious program specialists (RPs) graduate from NCSC residence courses each year to deliver professional religious ministry to the U.S. Navy, U.S. Marine Corps, U.S. Coast Guard and U.S. Merchant Marine. Another 600 chaplains and 300 RPs receive professional development training annually through mobile training teams.



## PLAN OF THE WEEK NOTES

**Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of June:**

1. Throughout June, the Navy recognizes Post-Traumatic Stress Disorder (PTSD) Month. Not everyone who experiences traumatic stress will develop PTSD. Check out this article on how the body responds to traumatic stress on the Navy Operational Stress Control's NavyNavStress blog at <https://navstress.wordpress.com/>. For more information on PTSD, as well as resources to help, see the Real Warriors Campaign website at <https://www.realwarriors.net/>.
2. The period between Memorial Day and Labor Day is also known as the 101 Critical Days of Summer because of the increased risk for safety mishaps during this time. The Navy Safety Center has information specific to the 101 Critical Days to help keep you and your shipmates safe. Learn more at the Navy Safety Center website at <https://go.usa.gov/xvuzg>.
3. Navy Live is the official blog of the U.S. Navy, and the blog hosts the official site for Navy information and updates on Coronavirus Disease 19 (COVID-19). Visit the site at <https://go.usa.gov/xvu2Q> to learn about the latest policies, leadership messages and guidance on how to protect yourself, your family and your shipmates.
4. From how we socialize with friends, to how we perform our jobs and manage finances, COVID-19 has changed our daily lives in many ways. From social distancing to stay-at-home orders, adjusting to this new normal may feel overwhelming. Isolation and the stress of coping with a pandemic can take a toll on your psychological health. Learn some tips to help you cope and maintain your psychological health during this time with tips from the Real Warriors Campaign at <https://www.realwarriors.net/stress-anxiety/coping-with-pandemic>.
5. Are you gearing up for your physical fitness test and need to drop a few pounds? Do you find it tough to maintain your weight? All calories are not created equal. The calories in alcohol are empty, which means they don't contain the nutrients you need to build muscle or stay healthy. Learn more about how alcohol can negatively impact your weight in this article from the "Own Your Limits" campaign at <https://www.ownyourlimits.org/alcohol-and-your-life/physical-health/weight-gain/>.



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## NEWS & RESOURCES

'I Am Navy Medicine, Helping Stop the Spread of COVID-19'  
[Health.mil](#)

Three Tips for Using Telehealth for Suicide Care  
[Suicide Prevention Resource Center](#)

Indoor Exercises to Improve Anxiety and Depression  
[Psychological Health Center of Excellence](#)

Resources for Healthcare Workers Fighting the COVID-19 Pandemic  
[Human Performance Resources by CHAMP](#)

Suicide Risk and Prevention During the COVID-19 Pandemic  
[Suicide Prevention Resource Center](#)

Coping with the Trauma of Suicide Loss  
[Real Warriors](#)

Digital Mental Health: Innovating in a Time of High Anxiety  
[National Institute of Mental Health](#)

A Guide to Staying Resilient in Times of Crisis  
[Human Performance Resources by Champ](#)

Five Ways Behavioral Health Care Providers Can Promote Psychological Wellness During COVID-19  
[Psychological Health Center of Excellence](#)

Snacking At Home  
[Human Performance Resources by Champ](#)

## CURRENT & UPCOMING EVENTS

**101 Critical Days of Summer**  
Memorial Day—Labor Day

**SPC Training Webinars**

Jun 11, 1PM, CDT  
Jun 25, 6PM CDT  
[Register here](#)

## 101 Critical Days of Summer Are Here

**Editor's Note:** The following article was adapted from the Naval Safety Center's (NSC) 101 Critical Days of Summer 2020 Safety Briefing. For more information on staying safe, see the [NSC website](#).

Summer is upon us and it is time again for the Summer Safety Campaign. The 101 Critical Days of Summer begins on Memorial Day weekend and ends after Labor Day. Summer is the largest vacation period of the year. As the restrictions of COVID-19 begin to relax across the country, there will be an increase in people who are out enjoying the sunshine and warm weather swimming, boating, playing and having a good time. It's also a time of celebration, recreation, staying awake long hours and driving more miles. Each year from FY13-FY19, the Navy lost an average of 13 Sailors and eight Marines in off-duty mishaps. Do your part—we can't afford to lose Sailors and Marines to preventable off-duty mishaps.

### Alcohol and Water Recreation

From FY15-FY19, there were 79 off-duty Navy and 75 off-duty USMC cases where alcohol was a contributing factor to the mishap. Impaired judgment, plus poor vision, plus delayed or slow reaction time can equal a mishap. In FY19 alone, there were 22 Navy and 11 Marine Corps cases. The **U.S. Centers for Disease Control and Prevention** reports that alcohol is involved in 70 percent of deaths related to water recreation. It's not a risk worth taking. The penalties for Boating Under the Influence can include significant fines, revocation of operator privileges and severe jail terms.

### Water-Related Activities

From FY14-FY18, the Navy lost eight Sailors in water-related mishaps. There were zero water-related deaths in 2019. Never swim alone or leave children unattended and use approved safety covers when pools are not in use. Always test water depth before diving and never dive into rivers or other moving bodies of water. Alcohol, drugs and medications don't mix with swimming. Know and observe your own swimming limitations and capabilities. Stay out of the water during thunderstorms and severe weather. Understand the dangers of rip currents—powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea. If you are caught in a rip current, stay calm. Call and wave for help. Swim parallel to shore and follow breaking waves back to shore at an angle.

### Heat Aware

Prevention goes a long way toward staying safe in the sun. Acclimate to the environment so your body adapts to the heat. Hydrate with water or sports drink before and during exercise. Avoid exercising during the hottest part of the day. Wear light, loose clothing and use sunscreen.

**Heat injuries** occur after several hours of physical exertion in the heat. The symptoms of a heat injury include painful muscle spasms usually in the legs or abdomen. Treat heat injuries by getting out of the heat and into shade. Hydrate with water or sports drink. Stretch and massage the muscle.

**Heat exhaustion** is a condition that occurs due to loss of water and salt through sweat. The symptoms of heat exhaustion are headache, nausea, dizziness, weakness, and cool, clammy skin. To treat heat exhaustion, stop and rest. Hydrate and get into a cool room or shade. Loosen clothing and apply cool wet towels or pour cool water over the head.

**Heat stroke** occurs when the body's cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death. Symptoms of heat stroke include red, hot, and dry skin, rapid but weak pulse and rapid but shallow breathing. There may be confusion, faintness, staggering or hallucinations or even unusual agitation or coma. To treat heat stroke, seek professional attention immediately. Reduce body temperature by remove unnecessary clothing, applying water, cool air, wet sheets or ice on the neck, groin and armpits.