SEPTEMBER IS MENTAL HEALTH MONTH
NavyTHRIVE
With the right support, anyone can THRIVE!

Your ability to thrive can be developed and strengthened to help you emerge stronger and better after navigating a stressful experience. Sailors, Marines and their families are sometimes asked to do things most people can’t do, be in situations most people can’t handle or make decisions most people couldn’t fathom. You can build and use positive coping skills to protect you from the negative effects of high stress situations. Your leaders and relationships with others all play a role in helping you THRIVE in your community.

Small seeds of hope or a sense of purpose and belonging can grow to form the branches that sustain us through tough times.
10 TIPS FOR NAVIGATING STRESS AND DEVELOPING RESILIENCE

Sailors, Marines, and their families are sometimes asked to do things other people might not be expected to do, face unusually challenging situations, or make tough decisions in a split-second. You can build resilience and use positive coping skills to protect yourself from the negative effects of high stress situations. Use the following ten tips to navigate stress; grow in your relationships with your leaders, friends, and family; and thrive in your community.

1. **Identify sources of stress**
   - Make a list of what causes you stress, recognize situations or problems that trigger stress, and plan ahead to navigate and avoid unnecessary stress
   - **BENEFITS:**
     - Lowers the chance of unexpected stress
     - Allows you to manage stress that you can handle and remove unnecessary stressors in your daily life

2. **Create a strong social support network**
   - Turn to a support system of peers, friends, and family that you trust
   - Participate in activities you enjoy with others
   - **BENEFITS:**
     - Helps you maintain connectedness with others and develop positive coping behaviors for managing difficult situations
     - Builds relationships and serves as an outlet for reducing stress

3. **Make healthy living a priority**
   - Eat healthful food and exercise regularly
   - Develop good sleep habits; aim for seven to eight hours in a 24 hour period
   - **BENEFITS:**
     - Helps your mind and body better deal with stress and repair themselves
     - Maintains connectedness with others and develops positive coping behaviors for managing difficult situations
     - Builds relationships and serves as an outlet for reducing stress

4. **Learn self-relaxation techniques and breathing exercises**
   - Take some down time to rest, recover, and regroup
   - **BENEFITS:**
     - Helps calm you down when you are feeling stressed and overwhelmed
     - Provides opportunities for growth in stressful situations and helps you view the glass as half full

5. **Keep a positive outlook**
   - Find opportunities to laugh and comfort yourself, such as participating in the activities and hobbies you enjoy the most
   - Look to people who deal with stress well as role models and view the world from a hopeful and positive perspective
   - **BENEFITS:**
     - Develops mental flexibility and increased ability to bounce back and rebound
     - Resilience is a skill you can learn and a foundation you can build upon

6. **Accept limits and circumstances**
   - Put situations in perspective, accept things you cannot change, and remember that change is a part of life
   - **BENEFITS:**
     - Helps you maintain connectedness with others and develop positive coping behaviors for managing difficult situations
     - Builds relationships and serves as an outlet for reducing stress
FOR MORE INFORMATION
Looking for more resources on how you or someone you know can become more resilient and thrive in your community? Check out these sites:

- Navy and Marine Corps Public Health Center Health Promotion and Wellness, Psychological and Emotional Well-being Campaign
- Navy Suicide Prevention Program
- Naval Center for Combat & Operational Stress Control
- Real Warriors Campaign
- Military OneSource
- National Center for Telehealth and Technology (T2)
- After Deployment

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REAL STRENGTH.

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All It Takes Is One...

If you or someone you know is in crisis, visit your local Fleet and Family Support Center, or call the Military Crisis Line or Military OneSource.

Life Counts
Every day, each of us has the opportunity to encourage and support fellow Sailors and Marines.

If you or someone you know is in crisis, visit your local Fleet and Family Support Center, or call the Military Crisis Line or Military OneSource.

For more information, visit: