



# STRESS MANAGEMENT



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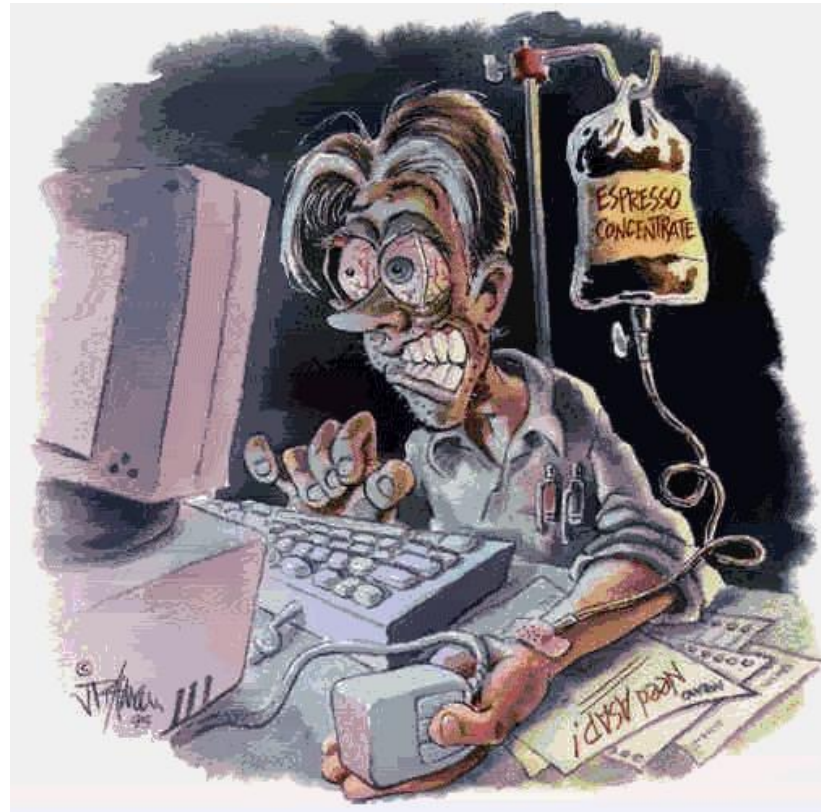
## Stress...

- ★ Researchers define stress as a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind.



# Signs of Stress

- **Physical**
  - Headache
  - Back Pain
  - Fatigue
  - Aches and Pains
- **Mental**
  - Difficulty Concentrating
  - Increased Errors
  - Poor Decision Making





# Managing Stress



1. Listen to Music

2. Talk to friends

3. Take a walk

4. Get more sleep

6. Take a hot bath

6. Exercise

7. Eat Comfort Food

8. Do Yoga

9. Try to laugh about it

10. Play an instrument



# Personal Stress First Aid Kit

➤ What would you put in yours?

➤ I have in mine...