

# Targeting Health Stress Management



## Overview

This training package is designed with you in mind. Whether you are an officer or enlisted, a service member or civilian, management or non-management, managing stress is central in coping with today's fast paced environment. If you are looking for ways to reduce your stress at home or at work, personally or within your organization, this stress management package is for you! You can tailor this package to personal study, group presentations, individual assistance, or organizational/installation impact.

Use the *Targeting Health: Stress Management* package —

- As a workbook for individuals concerned with managing stress in their lives.
- In small or large groups by instructors who do not have in-depth knowledge about stress management.
- For installations when addressing stress-related concerns on a broad organizational basis.

This package has three major sections arranged in a flexible binder format. The three sections are —

**I: *Targeting Stress Workbook***

**II: Resource Package**

**III: Guide to Installation Stress Management**

Provided materials are camera-ready copies to be used for handouts and overheads. In addition, the materials are available in digital form to allow for modification to suit



your organization's needs (please visit USACHPPM's home page at <http://chppm-www>).

## Section I: *Targeting Stress Workbook*

The *Targeting Stress Workbook* consists of two parts —

**Part A** contains four stress management lessons. Each lesson includes an announcement flyer, lesson text, overheads, handouts, and a sign-in sheet. All materials are freely reproducible. There are two quizzes per lesson to help participants assess their initial understanding of the topic area and subsequent learning. Finally, a feedback form is provided to help assess lesson presentation and to suggest improvements in the lesson materials. The four lessons are —

Lesson 1: Targeting Stress--An Introduction  
Lesson 2: Personal Stress Management  
Lesson 3: Work-Place Stress  
Lesson 4: Stress on the Home Front

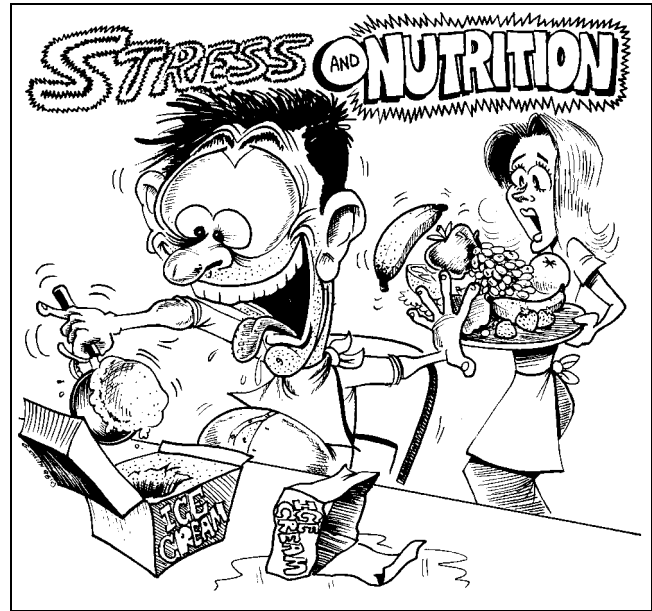
**Part B** contains four articles on the following topics of interest within the field of stress management.

## The Nutrition and Stress Connection

“The way we eat will not only influence our physical and emotional health but will also play a leading role in scores of other maladies-- everything from lack of concentration to wrinkles”

--Anonymous

“Garbage In, Garbage Out” is a common adage in this computer age. However, it also applies to the human brain. Read this special article to learn how the foods we eat affect how we think. Then discover how you can improve the quality of your mental functioning through good nutrition.



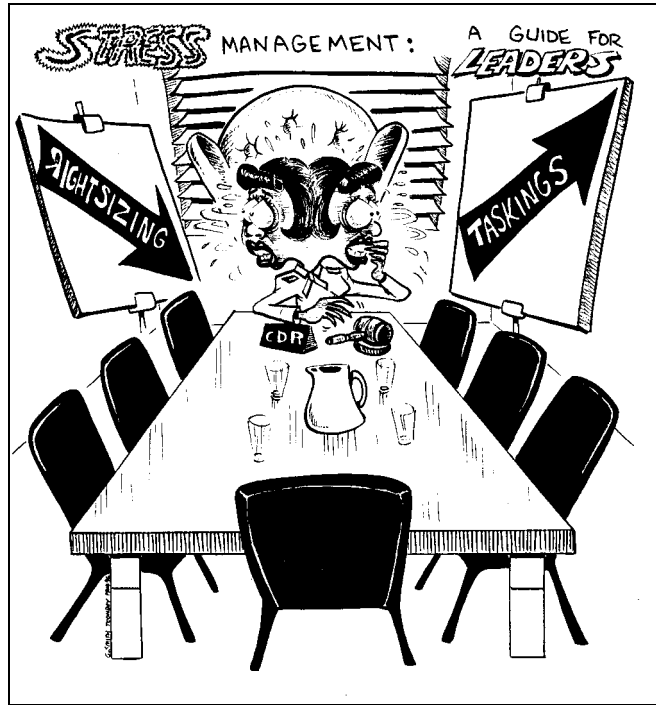
## Exercise and Stress



Exercise is the most widely recommended form of treatment for relieving the effects of stress and depression. This special article focuses on countering the effects of stress and the physical demands of war through physical fitness training. Read on to discover how physical activity is a potent way of preventing and treating stress-related disorders. So, *burn off some steam* and reap benefits beyond beefy biceps.

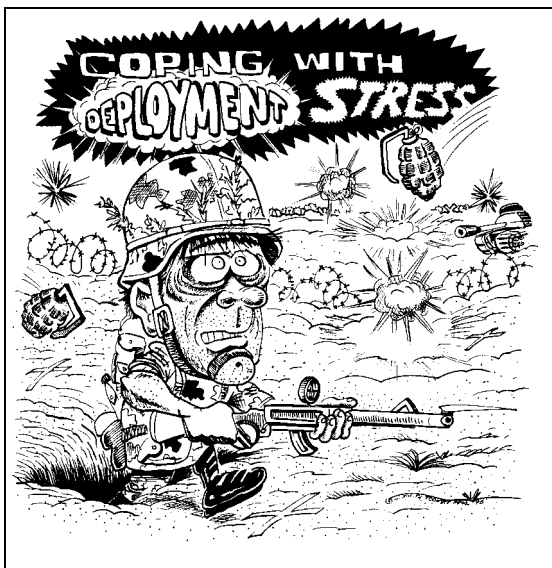
## Stress Management: A Guide for Senior Leaders\*

Written by the Army Physical Fitness Research Institute (APFRI), U.S. Army War College; this special article offers help to senior leaders who deal with unique (and not so unique) stressors (Harig, P., Halle, J., Mosier, R., Reagan, J., & Richardson, M., 1995). Senior leaders are in some cases better able to cope with stress based on their developed social and coping skills. However, senior leaders face increased levels of stress that demand refining their skills in stress management. This article provides current research, tips for executive stress reduction, and exhortations from a great former military leader to “make a studied business of relaxing and taking things easy....”



\*Adapted from the book, *Executive Wellness*, available on-line from the Army Physical Fitness Research Institute (APRFRI), U.S. Army War College, Carlisle Barracks, PA at <http://carlisle-www.army.mil/apfri/>

## Stress and Combat Performance



This article provides guidance on managing stress in extreme conditions, tips on recognizing and preventing combat stress reactions and post-traumatic stress disorders, as well as information on healthy and normal combat stress reactions.

The source for this topic was Field Manual 22-51, *Leaders' Manual for Combat Stress*, Chapter 2 (Department of the Army, September 1994). To obtain copies of FM 22-51, contact your local Publications Department.

## Section II: Resource Package

This Resource Package puts ready-to-teach materials in your hands. The handouts, overheads, and flyers can be used not only in the classroom but as payroll stuffers, mailouts, bulletin board notices, resource library materials, etc. The materials are in hard copy form and available in digital form. The materials were created in Microsoft Word 6.0™ and PowerPoint 4.0™ and supplemented with reproducible, commercially available materials.

You may customize or modify this package and the presentation materials to fit your program needs. You may modify the commercially-supplied pages by including your program logo and program specific information as long as you retain the originator's name (for example, Parlay International or American Heart Association, Inc.).

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This Resource Package contains three parts —

- A: Presenting *Targeting Stress*
- B: Keeping on Target
- C: Evaluating *Targeting Stress*

**Part A: Presenting *Targeting Stress*** will increase general awareness of stress and its impact on health by providing flyers, posters, newspaper articles, public service announcements for TV and radio, and electronic mail messages. Such awareness-building materials are cost efficient ways to reach the greatest number of people in your organization. The goal behind these efforts is to make people aware of the effects of stress in their lives and the importance of learning to manage stress effectively.

**Part B: Keeping on Target** provides resource materials and suggested activities to motivate people to make changes in the way they manage stress and begins educating them on how to make those changes. Additional resources available through other military or non-profit organizations are also identified.

Generally, these activities require some commitment from the participants and are usually higher in per person cost. In return, they can lead to meaningful behavior change for many participants. Examples are displays (interactive or not), resource rooms, screenings, and one-time classes (see Section I, Lesson 1). Health fairs fall somewhere between promoting awareness and educating/motivating; they include aspects of both.

**Part C: Evaluating Targeting Stress** outlines a way of measuring your program's effectiveness in terms of process, outcome, and impact. This part helps you determine if you have hit your target.

In an era of shrinking military budgets and resources, programs must demonstrate their effectiveness or face losing support. Preventive medicine programs developed to improve the quality of life for military health care beneficiaries need to prove their effectiveness or face the comptroller's ax. *Evaluating Targeting Stress* provides you with the tools to assess your program's effectiveness and to report that success in a way that demonstrates "an ounce of prevention is worth a pound of cure." (Also, see *Evaluating Targeting Stress* in Section I for evaluation forms.)

## Section III:

# ***Guide to Installation Stress Management***

Since 1987, the Department of the Army Pamphlet (DA PAM) 600-63-series of *Fit to Win* health promotion pamphlets has been a valuable resource for health promotion coordinators and committees. Although still in use, this series has not been updated to keep pace with the change in our knowledge and understanding of the effects of lifestyle and health practices on preventing illness and improving health.

This section includes much of the text from DA PAM 600-63-10, *Fit to Win: Stress Management* (Department of the Army, September 1987). The information is still quite useful for installations in the development of an organizationally-based stress management program. This section contains current information on health promotion targets from the *Healthy People 2000* (U.S. Department of Health and Human Services, Public Health Service, 1990), the Department of Defense, and DA.



## Conclusion

**Targeting Health: Stress Management** is the first in a series of health promotion publications from the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM). The **Targeting Health** series is designed to make available current, military-relevant health promotion programming to health promotion instructors and directors in a format that is adaptable to their unique organization and needs. It is available in a ready-to-teach format that can be used by instructors and individuals desiring to improve health and wellness.

It is important to the Directorate of Health Promotion and Wellness(DHPW) at USACHPPM to know how well this product is working for you. We need to know both the impact of the program on the target audience and, equally important, whether the package meets your needs: the Health Promotion Coordinator and the instructor(s) who use it.

We hope that you will find ***Targeting Health: Stress Management*** to be a valuable resource. If you would like to receive updates as they become available, please contact us at the address below and we will include you on our mailing list.

## ***Readiness Thru Health!***

For further assistance, comments, or suggestions, please contact  
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## **References**

Department of the Army. (September 1987). *Fit to win: stress management* (DA PAM 600-63-10). Washington, DC: Author.

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