

MEMORANDUM FOR SEE DISTRIBUTION

**SUBJECT: *Targeting Health: Stress Management***

1. The U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) is pleased to present *Targeting Health: Stress Management*, an educational package and training guide developed by the Directorate of Health Promotion and Wellness. This package will increase soldiers and other beneficiaries' general awareness of stress and its impact on health and readiness, and will teach participants how to manage stress effectively.
2. In response to the Department of the Army Top Five (5) Health Promotion Goals, a multidisciplinary team of health care providers developed this package. It is the first *Targeting Health* promotion publication from USACHPPM making available current, military-relevant health promotion programs to health promotion coordinators and unit or organization training officers in a format that is adaptable to their unique organizational needs.
3. I encourage you to incorporate this ready-to-teach resource into your health promotion activities. This package can be used in a variety of ways. Individuals concerned with managing stress in their lives can use it as a workbook. It can be presented in small or large groups by individuals who do not have in-depth knowledge about stress management. Installations can use it to address stress-related concerns on a broad organizational basis. Our hope is that the thoroughness of this package will increase the unit or organizational training officers', noncommissioned officers' and health promotion coordinator's ability to reach the population they serve.
4. *Targeting Health: Stress Management* has an evaluation component to determine the program's effectiveness in terms of process, outcome, and impact. This lets us know if we have hit the *target!* Please return the evaluation sheets at the end of each lesson to help us determine the usefulness of this package. Refer additional comments or questions regarding *Targeting Health: Stress Management* to Commander, USACHPPM, ATTN: MCHB-DC-HBH, 5158 Blackhawk RD, Aberdeen Proving Ground, MD 21010-5422, DSN 584-4656 or Commercial (410) 671-4656 or 1-800-222-9698.

FOR THE COMMANDER

Encl

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LTC, AN

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