

Stress Management During Deployment



In the military, stress happens. But too much stress can have negative effects on performance, safety and well-being. During deployment, it is especially important to know the signs of stress and to be ready with good stress management techniques

Know the symptoms

Don't ignore the signs of stress. It can affect your performance and safety. These are a few of the symptoms:

- Problems sleeping
- Unusual irritability or angry outbursts
- Unusual anxiety or panic attacks
- Difficulty completing tasks or making decisions
- Trouble concentrating
- Signs of depression (such as apathy or loss of interest in things once enjoyed)

Any unusual changes in behavior, personality or thinking.

8 tips for effective stress management

1. Keep up the routine of regular meals, sleep and exercise.
2. Watch your health. Drink plenty of water. Eat nutritious meals. Exercise and get enough sleep.

3. Give yourself a break. Rest after stressful events. Learn relaxation techniques.
4. Talk to others who've been there. You'll see you're not alone.
5. Work to build trust with your unit, at home and within your community.
6. Have a laugh. Humor can be a powerful stress reliever and help you see things differently.
7. Address your spiritual needs. Many find strength and calm in prayer. Discuss your concerns with a chaplain.

Ask for help with problems back home, or ask someone on the home front to take care of stressful issues that may arise while you are deployed.

How to find help for stress

Stress is a physical reaction, not a sign of weakness. If you or someone nearby is having trouble with stress, get professional support as soon as possible to speed recovery. Here are some resources for stress relief. They're confidential, won't affect your security clearance, and are not reported to the command:

Contact us at Military OneSource.

We offer confidential sessions with licensed professionals at no cost to military members and their families—and we have helped many

service members work through issues, including stress management. Find out more about Military OneSource's [confidential, non-medical counseling here](#). Or call us at 800-342-9647.

Military and family life counselors are also available through your [installation's Military and Family Support Center](#).

- **Combat stress control teams.** These mental health professionals support service members on site during deployment.

Your unit's chaplain. Military chaplains can provide counseling, guidance and referral on many issues during deployment

For medical help with stress:

You may be eligible for a referral for medical counseling services in your community through a military treatment facility or [TRICARE](#).

- Therapy services may be available at your nearest military treatment facility or a local network provider.
- Your primary care manager can refer you to appropriate counseling, or you may contact your regional [TRICARE](#) office.

Remember, we all experience stress, but it doesn't have to run your life. Reach out, take steps, take control. If you are in crisis, or you know someone who is, there are immediate resources available to support you or your loved ones. Contact the [Military Crisis Line](#) at 800-273-8255, then press 1, or access online chat by texting 838255.

Article Link: [Military One Source - Stress Management During Deployment](#)





What is Traumatic Brain Injury (TBI)?

A traumatic brain injury (TBI) can be classified as mild, moderate, severe or penetrating. The severity is determined at the time of injury. **A TBI is a blow or jolt to the head that disrupts the normal function of the brain.** It may knock you out briefly or for an extended period of time, or make you feel confused or "see stars" (alteration of consciousness). Not all blows or jolts to the head result in a TBI. The most common form of TBI in the military is mild. Concussion is another word for a mild TBI.

What are the causes?

In the military, the leading causes of TBI both deployed and non-deployed are (in no particular order): **Blasts – Bullets - Fragments - Falls - Motor vehicle – crashes and rollovers –**

Sports - Assaults. In the deployed setting, blasts are the leading cause of TBI.

Who is at greatest risk for TBI?

Those who are at a higher risk for sustaining TBIs are young men who are performing military duties, or have a history of prior concussion and/or substance abuse.

What are common signs and symptoms of TBI?

Physical

Headaches - Sleep disturbance Dizziness - Balance problems Nausea/vomiting – Fatigue -Visual disturbances -Sensitivity to light -Ringing in the ears

Cognitive

Concentration problems - Temporary gaps in memory - Attention problems - Slowed thinking - Difficulty finding words

Emotional

Irritability – Anxiety - Depression Mood swings

How long does recovery take?

Recovery is different for every person. **Most people recover from a concussion.** Symptoms usually begin to improve within hours and typically resolve completely

within days to weeks. Even after more than one concussion, full recovery is expected; however, every time an additional concussion is sustained, healing time might take longer.

What helps recovery from a concussion?

Be honest about symptoms with your medical provider. **Drink plenty of water. Eat a healthy diet. Rest during the day – don't overexert mentally or physically. Get plenty of sleep at night. Avoid smoking or drinking alcohol. Avoid over-the-counter medications unless prescribed by a provider.** Take prescribed medications as directed by a provider. Avoid caffeine and "energy-enhancing" products. Take precautions to avoid another concussion: Avoid contact sports, combatives, etc. Stay engaged with family members and medical provider. If symptoms persist or worsen, see a medical provider. Be patient. Give the brain time to heal.

Warning signs

Worsening headaches - Worsening balance - Double vision or other vision changes - Decreased level of alertness -

Increased disorientation - Repeated vomiting – Seizures - Unusual behavior - Amnesia/memory problems

What are some coping tips?

Write things down, carry a small pad and pen. Store important items, such as your keys or your wallet, in the same designated place to keep from losing them. Keep a steady pace. Take breaks as needed. Focus on one thing at a time. Perform tasks in a quiet, non-distracting environment. If feeling irritable or angry, try relaxation techniques and/or walking away from the situation. Think about the obvious: Are you irritable or having trouble concentrating? Are you getting enough sleep? Are you having trouble sleeping? Are you drinking energy drinks or alcohol? This information is not intended as a substitute for advice from a medical provider. Consult a medical provider if you may have suffered a concussion. Be honest about the injury event, symptoms and any self-medicating you may be doing or have done.

Article Link: <https://dvbic.dcoe.mil/article/tbi-basics>

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Reserve Veterans

Unique strengths of Guard and Reserve Veterans

Veterans of the Reserve and National Guard discuss challenges such as transitioning to and from deployment, returning to civilian jobs, and feeling isolated from others. They describe the steps they took to get support and improve their lives.

LINK TO VIDEO: <https://www.theconnection.net/stories-of-connection/unique-strengths/>

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Being deployed changes you

Owen discusses how deployment can change a person. Not only can you become a different person because of your experiences while deployed, but friends and family often aren't expecting the change, which can make transitioning back home more complicated than anyone expects it to be.

Learn More Find Local Support

LINK TO VIDEO: <https://www.theconnection.net/articles/being-deployed/>

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MENTAL HEALTH RESOURCE

Websites:

- <http://www.militaryonesource.mil/>
- <https://www.veteranscrisisline.net/>
- <http://www.realwarriors.net/guardreserve>
- <https://afterdeployment.dcoe.mil/>
- <http://www.ptsd.va.gov/>
- <http://www.dsps.mil/>
- <https://maketheconnection.net/>
- <http://www.militarykidsconnect.dcoe.mil/>

Apps:

- | | | |
|--------------------|------------------|-------------------|
| Life Armor | Mood Coach | PTSD Coach |
| Tactical Breathing | Moving Forward | Parenting to Go |
| Safe Helpline | Virtual Hope Box | Dream EZ |
| T2 Mood Tracker | CBT-I Coach | Mindfulness Coach |
| Concussion Coach | Act Coach | Stay Quit Coach |

301 MDS MENTAL HEALTH STAFF

Location: Bldg. 1780 RM 169
Phone: 817-782-7785

Providers

- LtCol Jennifer Gillette
- Maj Ericka Jenifer
- Maj Jose Jasso
- Maj Mayara Coulter
- Capt Amber Baker
- Capt Gabriel Saenz

Technicians

- TSgt James Harper
- SSgt Stephanie Miller
- SSgt Famari Ortiz
- SSgt Shelby Moore
- SSgt Marcel Benavides
- SrA Elizabeth Bryant
- SrA Samuel Ankamah

DIRECTOR OF PSYCHOLOGICAL HEALTH (DPH)

Location: Bldg. 1780 RM 164
Phone: 817-782-3287

Provider

Mrs. Mary Arnold

301st Fighter Wing Suicide Prevention Resource List

UTA, Local and National Resources	
Resource	Telephone Number
Commander (or Equivalent Civilian Leader)	
Supervisor	
First Sergeant	
UTA Days	
301FW Chaplains	1-817-782-7980
Director of Psychological Health	1-817-782-3287
Suicide Prevention Program Manager	1-817-782-3348
JPS Hospital Emergency Room (Fort Worth)	1-817-702-8828
Millwood Hospital (mental health and substance abuse assessments/treatment)	1-817-261-3121 (Arlington, TX) 1-817-599-6307 (Weatherford, TX)
VA Medical Center, Dallas, TX (mental health and substance abuse)	1-800-849-3597
Sexual Assault Response Coordinator (SARC) - Office	1-817-782-3827
SARC Hotline	1-817-401-5046
SAPR Victim Advocate (Traditional Reservist)	1-817-782-3827
Special Victims' Counsel	1-210-671-4748 (Regional Office)
Equal Opportunity	1-817-782-7264/7346
Legal Office	1-817-782-7620
Local (or non-UTA Days)	
Navy Chaplains	1-817-782-5665, -7298, -6818
Director of Psychological Health	1-817-782-3287
Sexual Assault Response Coordinator (SARC) - Office	1-817-782-3827
SARC Hotline	1-817-401-5046
Special Victims' Counsel	1-210-671-4748 (Regional Office)
Navy Clinic (for AD—must be on >30-days AD orders)	1-817-782-5900
JPS Hospital Emergency Room (Fort Worth)	1-817-702-8828
Millwood Hospital (mental health and substance abuse assessments/treatment)	1-817-261-3121 (Arlington, TX) 1-817-599-6307 (Weatherford, TX)
Vet Center (need DD214)	1-817-921-9095
VA - Fort Worth Outpatient Clinic (M-F)	1-800-443-9672 or 1-817-730-0000
VA Medical Center, Dallas, TX (mental health and substance abuse)	1-800-849-3597
Equal Opportunity	1-817-782-7264, -7346
Legal Office	1-817-782-7620
National Resources	
DoD BeThere Peer Support Call and Outreach Center	1-844-357-PEER (-7337) (available 24/7)
National Suicide Prevention Hotline (a.k.a. Military Crisis Line)	1-800-273-8255 (press 1 for military, available 24/7)
National Domestic Violence Hotline	1-800-799-7233 (available 24/7)
National Helpline (mental health and substance abuse)	1-800-662-4357 (available 24/7)
Military OneSource	1-800-342-9647 (available 24/7)
Employee Assistance Program (or EAP) - Ask your employer	1-800-222-0364 (only for DoD civilian employees)
SafeHelp Line (sexual assault support)	1-877-995-5247 (available 24/7)
American Red Cross	1-877-272-7337 (for military, available 24/7)