

Stress Management

Article courtesy of Naval Hospital Sigonella

With the Holiday season upon us there is an increased risk of stress playing a part in our lives. Stress is unavoidable. Stress may actually be helpful to meet the demands and challenges that life may present. However, too much stress may cause problems from frequent colds to upset stomachs and heart problems. Some signs and symptoms include but are not limited to; changes in appetite, sleeping problems, irritability and or other changes in mood, increase use of alcohol, tobacco, or other drugs, poor work performance, and social withdrawal.

What do I need to do to manage my stress?

- **EXERCISE...** 30 minutes or more a day for most or all days of the week.
- **SLEEP...** 6-9 hours of sleep at regular times
- **DIET...** Do not skip breakfast. Chose low fat, high fiber diet. Watch your sugar intake. Eat more complex carbohydrates (rice, pasta, and vegetables). Have a regular meal schedule.
- **Time management...** Most important plan ahead of time and determine priorities. Schedule your work and look for more ways to be efficient. Take breaks and make time for free time.

What should I avoid if I'm still stressed?

- **Avoid alcohol abuse and minimize your consumption**
- **Minimize your tobacco consumption**
- **Cut back on caffeine**
- **Avoid worrying about things you have no control over**
- **Avoid becoming Isolated**

What if I have tried everything and nothing helps?

If you have tried everything, and nothing has resolved or if you have further concerns there are plenty of resources available to you. Services are offered by the Naval Hospital Sigonella Mental Health Clinic at 624-4840 and individual counseling or command training for stress management can be conducted upon request. In addition, services are provided by the NAS 1 Chaplains Office at 624-4295, NAS 2 Chaplains Office 624-5459 and Fleet and Family Service Center at 624-4291.