

# THE 4 A's OF STRESS RELIEF



Within your control

**AVOID**  
unnecessary stressors when possible

**ALTER**  
the situation when external factors allow it

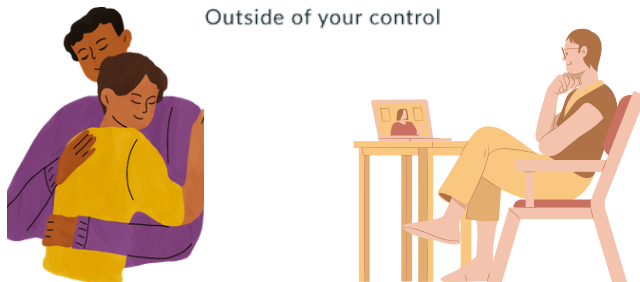
**ACCEPT**  
unchangeable situations and refocus your energy

**ADAPT**  
your mindset or approach strategy when necessary

Not Important

Important

Outside of your control



Source: Graphic by PositivePsychology.com based on Mayo Clinic Health System



**DEPLOYMENTS ARE STRESSFUL.**

**LET THE FAMILY ADVOCACY PROGRAM SUPPORT YOU WITH STRESS MANAGEMENT.**



OPEN TO ALL DOD ID CARDHOLDERS, UNITS, GROUPS, AND ORGANIZATIONS

Army Community Service  
Hainerberg Bldg 7790  
Mississippi Str. 22-24  
CIV: 0611-143-548-9201  
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# How To MANAGE STRESS DURING Deployment



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# 12 CHOICES TO COPE WITH STRESS

1. I choose to be happy.
2. I choose to disconnect and detach with love.
3. I choose to be mindful.
4. I choose to make time for sleep.
5. I choose to get outside and moving.
6. I choose to be grateful.
7. I choose what to overlook.
8. I choose the battles worth fighting.
9. I choose what to do next time and what to stop doing.
10. I choose to enjoy the relationships that matter.
11. I choose to schedule and prioritize what really matters.
12. No matter how the deployment started, I choose to finish well.



**Source:** Adapted from the 12 Choices to Step Back from Burnout by Vicki Davis

# USE YOUR 5 SENSES

Engage one or more of your senses to relieve stress.

## SIGHT

Read a good book.  
Watch your favorite film.  
Evoke good memories by looking at old photos.



## SOUND

Listen to nature.  
Tell a story.  
Play your favorite music.



## SMELL

Light your favorite scented candle.  
Breathe in fresh air.  
Freshly brewed tea or coffee.



## TOUCH

Wear cozy clothing.  
Squeeze a stress ball.  
Hug a love one.



## TASTE

Eat your favorite food.  
Brush your teeth.  
Remember your favorite childhood meal.

# 7 C's OF RESILIENCE

The capacity to respond, adapt, and recover from stress.

## • Competence

**The ability to handle situations effectively.**  
*What skills do you have that can help you? Have you been through something like this before, and what worked?*

## • Confidence

**A solid belief in one's own abilities.**  
*What do you do well? What past experience can give you confidence now?*

## • Connection

**Close ties to family, friends, school, and community.**  
*Who can give you support when you are having a tough time?*

## • Character

**A fundamental sense of right and wrong and clear values.**  
*What is important to you? Do you act in a way that supports those values?*

## • Contribution

**A sense of purpose and feeling like you matter in the world.**  
*How can you make the world a better place? What are your goals? How do you contribute to others?*

## • Coping

**Learning to deal effectively with stress, being flexible, and seeing other points of view.**  
*What de-stresses you? Can you see another perspective? Can you be honest with yourself to see the situation clearly, rather than being led by thoughts and emotions that may not be 100% true?*

## • Control

**Realizing that you can control your decisions and actions means you have what it takes to bounce back.**  
*What parts of this situation are in your control? What is out of your control, and can you let that go?*

**Source:** Adapted from 7 C's of Resilience by Dr. Kenneth Ginsburg

# MODERN LOVE LANGUAGES

Learn about a modern approach to love languages that doesn't involve "being" or "owning" one language—and how to use that to support your relationships.



Source: 18 Modern Love Languages Graphic by Anne Hodder-Shipp, CSE



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*How To*

**SUPPORT YOUR RELATIONSHIP**

**DURING**

*Deployment*



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# DEPLOYMENT BINDER

Holds all of your deployment documents in one place so you always know where to look!

## IMPORTANT DOCUMENTS

- Current Orders:**  
Keep your original set of orders with you at all times and make more than one copy! During deployments, keep your command sponsorship or dependent entry approval paperwork, plus copies.
- Identification for Each Family Member:**  
Have originals and copies of current military IDs; driver's licenses; social security cards; passports and visas; and birth, marriage, and naturalization certificates.
- Vehicle Documentation:**  
Carry your vehicle title or lease information and proof of vehicle inspection, registration, and insurance.
- Financial Documentation:**  
Bring personal checks, any hard copies of recent bank statements, and all credit and debit cards.
- Housing Information:**  
Lease or mortgage paperwork. Contact information for landlord, utilities, and other important points of contact.
- Legal Documents:**  
Marriage paperwork, wills, custody or adoption paperwork, and active power of attorney documents.
- Unit Contact Information**  
Have contact information for Command as well as the Soldier and Family Readiness Group (SFRG), or its equivalents such as the Key Spouse Program, Ombudsman Program, Family Readiness Program, or Work-Life Program
- Health Information:**  
Physical, dental records, vaccination records.

*Always remember to watch what you are talking about especially when it comes to unit location, movement and operational activities that may be happening with your Soldier's unit. Please remember OPSEC.*

**Source:** Adapted from Military OneSource and Army Community Service

# CONFLICT RESOLUTION

General Principles of Conflict Resolution:

1. Listen Actively
2. Think Before Reacting
3. Attack the Problem – Not Each Other!
4. Accept Responsibility
5. Use Direct Communication
6. Look for Common Interests
7. Focus on the Future

## The Four Horsemen & Their Antidotes

The **four horsemen** are behaviors that escalate conflict and damage a relationship. Over time, these harmful behaviors may become a normal part of communication between partners.

**Antidotes** are skills that replace each of the four horsemen. These skills help resolve conflict and encourage positive feelings between partners.

### Four Horsemen

### Antidotes

<p><b>Criticism</b> Dealing with problems through harsh, blaming, or hurtful expressions of judgment or disapproval.</p> <ul style="list-style-type: none"> <li>Focus is on perceived personal flaws rather than changeable behaviors.</li> <li>Often met with defensiveness.</li> </ul> <p><i>"This kitchen is a mess. You're such a slob."</i></p>	<p><b>Gentle Startup</b> Dealing with problems in a calm and gentle way. The focus is on the problem—not the person.</p> <ul style="list-style-type: none"> <li>Save the discussion for an appropriate time.</li> <li>Use warm body language and tone of voice.</li> <li>Use "I" statements.</li> </ul> <p><i>"I feel frustrated when dirty dishes are left in the sink. Could you please do the dishes tonight?"</i></p>
<p><b>Defensiveness</b> Deflecting responsibility for your own mistakes and behaviors, or refusing to accept feedback.</p> <ul style="list-style-type: none"> <li>Making excuses for behavior.</li> <li>Shifting blame to your partner.</li> </ul> <p><i>"It isn't my fault I yelled. You were late, not me!"</i></p>	<p><b>Take Responsibility</b> Own up to your behavior without blaming others.</p> <ul style="list-style-type: none"> <li>Avoid taking feedback personally.</li> <li>Use feedback as an opportunity to improve.</li> <li>Show remorse and apologize.</li> </ul> <p><i>"I shouldn't have raised my voice. I'm sorry."</i></p>
<p><b>Contempt</b> Showing anger, disgust, or hostility toward your partner.</p> <ul style="list-style-type: none"> <li>Using putdowns or insults.</li> <li>Acting superior to your partner.</li> <li>Using a mocking or sarcastic tone.</li> </ul>	<p><b>Share Fondness &amp; Admiration</b> Foster a healthy relationship by regularly showing each other respect and appreciation.</p> <ul style="list-style-type: none"> <li>Show affection.</li> <li>Recognize your partner's strengths.</li> <li>Give compliments.</li> </ul>
<p><b>Stonewalling</b> Emotionally withdrawing, shutting down, or going silent during important discussions.</p> <ul style="list-style-type: none"> <li>Often a response to feeling overwhelmed.</li> <li>Used to avoid difficult discussions or problems.</li> <li>Underlying problems go unresolved.</li> </ul>	<p><b>Use Self-Soothing</b> Use relaxation techniques to calm down and stay present with your partner.</p> <ul style="list-style-type: none"> <li>Agree to pause the conversation briefly.</li> <li>Use deep breathing.</li> <li>Use progressive muscle relaxation (PMR).</li> </ul>

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**Source:** Mediate.com

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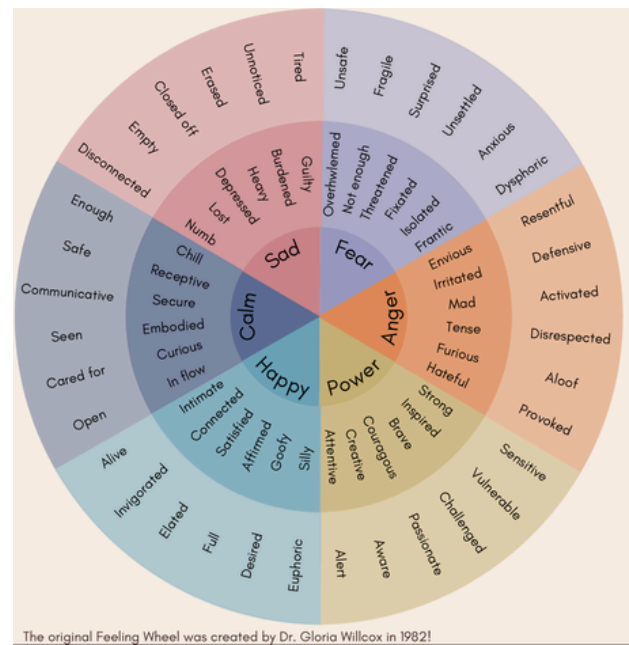
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# PREPARING CHILDREN FOR DEPLOYMENT

Military kids need **support** in becoming resilient!

Prepare for questions and emotions that your child(ren) may have.

*Why do you have to leave?  
Can I call every day?  
Is it dangerous where you are going?  
Can I go with you?*



Communicate with your child(ren) about the deployment.

Talk with your child(ren) as soon as you can and explain things based on age / maturity.

**ENSURE YOU HAVE A FAMILY CARE PLAN!**



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*How To*

**PRACTICE POSITIVE PARENTING DURING**

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# TIPS FOR STAYING CONNECTED

Whether or not a child seems to be having difficulty with the separation, help the child stay connected to the deployed parent.

## STAY INVOLVED

Email teachers or coaches.

Use a shared calendar.

Plan for birthdays, holidays, and special events.



## STAY IN TOUCH

Record a bedtime story.  
Share photos and videos.  
Write letters or cards.



## CREATE MEMORIES TOGETHER

Do virtual tours.

Type in shared journals.

Use apps to play games.



## TAKE CARE OF YOURSELF

Make healthy choices.  
Stay hydrated.  
Make mindful decisions.



# FOCUS ON RESILIENCE

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# HAVING A BABY WHEN A PARTNER IS DEPLOYED

Deployments may impact your pregnancy or birth plans. Here's how to connect with each other and experience the pregnancy, delivery, and joys of parenthood together.

## CONTACT YOUR LOCAL NEW PARENT SUPPORT PROGRAM

Get access to free one-on-one support for expectant and new parents for kids 0-3.

Prenatal and postnatal home visits, lactation support, home preparation, and support groups.

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## BEFORE AND DURING DEPLOYMENT

- Take a Birthing Abroad Class.
- Line up support.
- Verify TRICARE medical coverage.
- Prepare your home and car.
- Explore video chat or other tech.
- Keep a journal.
- Seek support.

## RECONNECT AFTER DEPLOYMENT

- Give your baby time to get to know the deployed parent.
- Keep up your baby's schedule.
- Spend time alone as a couple.

**Source:** Adapted from Military OneSource and Army Community Service

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