AIR NATIONAL GUARD
ANG
PSYCHOLOGICAL HEALTH PROGRAM

## Possible Stress Reactions

**Get help if these symptoms are severe or do not resolve in a short time.**
*This list is not all-inclusive!*

| Behavioral | Physical | Cognitive |
|---|---|---|
| • Withdrawal<br>• Decreased<br>• Performance<br>• Outbursts<br>• Change in Sense of Humor<br>• Change in Talkativeness<br>• Change in Energy Level<br>• Hyper or Hypo-activity<br>• Prolonged Silence | • Sweating<br>• Muscle tremors<br>• Headaches<br>• Dizziness<br>• Loss of Coordination<br>• Nausea<br>• Upset stomach | • Confusion<br>• Difficulty Making Decisions<br>• Disorientation<br>• Poor concentration<br>• Memory Impairment<br>• Unable to Perform Multiple Tasks<br>• Flashbacks |

—*University of Vermont Police Services*

**How do you know if you or someone else needs help from a Professional?**

Individuals need help from a Professional if they:

| | | |
|---|---|---|
| **Threaten to Hurt/Kill Themselves** | **Seek Pills/Weapons** | **Talk/Write About Death** |
| **Exhibit Hopelessness** | **Exhibit Rage/Anger** | **Seek Revenge** |
| **Act Recklessly or Take Risky Actions** | **Feel Trapped** | **Practice Increased Alcohol or Drug Abuse** |
| **Withdraw From Friends/Family** | **Experience Anxiety/Agitation** | **Experience a Dramatic Change in Mood** |
| **Have Difficulty Sleeping** | **Give Away Possessions** | **Experience an Increase or Decrease in Spirituality** |

—*DHHS: SAMHSA, Center for Mental Health Services, National Suicide Prevention*

## How to Validate

- Show you are following what they are saying
- Accept the situation, even if you disagree
- Do no utilize any judgment
- Acknowledge their situation is serious and deserves attention
- Acknowledge feelings
- You are there to help

*—DHHS: SAMHSA, Center for Mental Health Services, National Suicide Prevention*

## Ways to Help Yourself and Others

1. Self: Self-care is essential
    - Get plenty of exercise, nutrition, and rest
    - Learn stress management techniques
    - Talk with others about how you are feeling

2. Others: Wingmen, Family, Friends, and Leadership
    - Be aware of signs and symptoms of stress
    - Do not be afraid to say, "Hey, are you okay?"
    - Get assistance when effects are extreme or of concern

## Where to Seek Help

| | |
|---|---|
| Airman & Family Readiness | 904-741-7027 |
| Chaplains | 904-741-7125 (ask for a Chaplain) |
| Commander/Supervisor | |
| Veterans' Crisis Line, 24/7 | 800-273-TALK (8255), option 1 |
| Director of Psychological Health | Jennifer Matthews: 904-741-7006/904-294-2625 |
| Military & Family Life Consultant | 904-738-3657/904-718-9987 |
| Physician | |
| VA/Vet Center | |
| **www.MilitaryOneSource.com** | 800-342-9647 (24/7) |
| **www.WingmanProject.org** | |

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