

STRESS

STRESS AMONG THE MILITARY AND VETERAN COMMUNITY

HOW STRESS IMPACTS HEALTH

Chronic stress increased rate of ulcers, hypertension, acid reflux, IBS, and addictive behaviors.

Chronic stress decreases immune response, hormone regulation, cognition, energy, and sex drive.

KEY FACT

Military personnel were more likely to report a great deal or a fairly large amount of stress in their military work (39%) than in their family life (22%).

STRESS IMPACTS

- Body
- Behavior
- Mood
- Family

MILITARY STRESSES

- OPTEMPO
- Family Stress
- Financial Stress
- Relationship Stress
- Moral Stress

STRESS WITHIN THE VETERAN COMMUNITY

Stress in the military is NOT always correlated with PTSD.

The two biggest stresses for military members are transitioning out of service and relationship issues. Too often when people refer to stress with the military it is assumed it is post traumatic stress, when in fact the nature of military service brings a variety of stressors. These stressors have a direct impact on physical and emotional health as well as job performance.

While some stress is good for your body, operating in a heightened state of stress can cause immune system suppression, placing you at an increased risk for infections and diseases.

Understanding the stressors within the environment is the first step in managing stress before it becomes uncontrollable and has negative health consequences.

#UNDERSTANDYOUREXPOSURES



STRESS

ON THE BODY

Stress has a negative impact on health as it impacts almost all of your systems from cognitive function to gastrointestinal function and sleep.

- Headache
- Muscle pain
- Fatigue
- GI upset
- Sleep difficulties
- Low sex drive
- Weight gain

MOOD

Stress has a direct impact on mood and one's ability to cope with certain situations, which directly impacts relationships with others.

- Anxiety
- Restlessness
- Lack of concentration
- Feeling overwhelmed
- Anger and irritability
- Depression

RECOMMENDATIONS & RESOURCES

"I've heard it say that anxiety is like betting against yourself. Early in my career I'd mask anxiety with 'stoicism' until the flow state of operations took over. Since returning home, the stressors look different: meetings, phone calls, appointments, markers of daily life... through tools we have at our disposal, we can bring ourselves back a little faster, some movement, a breath, a reminder from deep inside.

A mantra repeated enough times until it becomes background noise to an idea we all hold true whether we believe it or not. Your anxiety is a liar."



PHIL SUSSMAN
Army Special Operations,
American Yogi, CEO

BEHAVIOR

Stress can influence behavior as a person responds to stress by engaging in unhealthy behaviors. Some behavioral response to stress include:

- Over and under eating
- Anger outbursts
- Increased alcohol consumption
- Lack of physical fitness
- Increased tobacco use

COPING WITH STRESS

Finding healthy ways to cope with stress has a long term benefits. Here are some ways to manage stress:

- Deep Breathing
- Eat well
- Exercise
- Take a break
- Be mindful
- Yoga



ARTICLES

- *Killing You Softly: Stress-SOFLETE* - January 21, 2021
- *The Complete Guide to Optimal Health* - *Havok Journal*, March 3, 2021
- www.LiveAmericanYogi.com

PODCASTS

- **Mentors for Military** - #270 [Phil Sussman](#), American Yogi
- The Mindful Minute