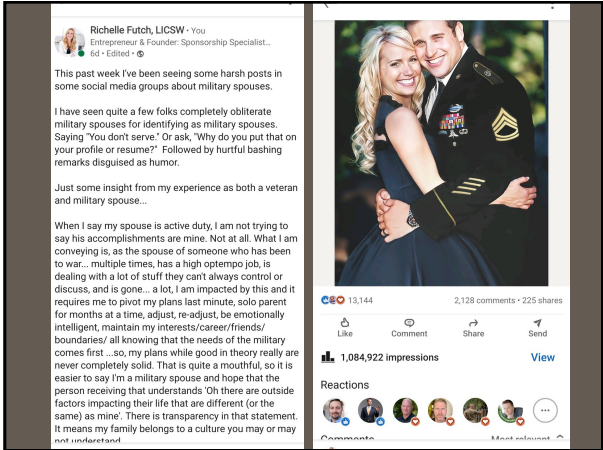





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3



Covered Today

- A look behind the curtain- Identifying the stressors
- Barriers that get in the way
- What can we do?

4



Stress & Military Life

5

CareerCast's ranking system considered 11 job demands that evoke stress. These factors included

- The amount of travel
- Growth potential
 - Deadlines
- Working in the public eye
 - Competitiveness
 - Physical demands
- Environmental conditions
 - Hazards encountered
 - Risk to one's own life
- Risk to the life of another person
 - Meeting the public

6

Behind the "I'm fine" Curtain



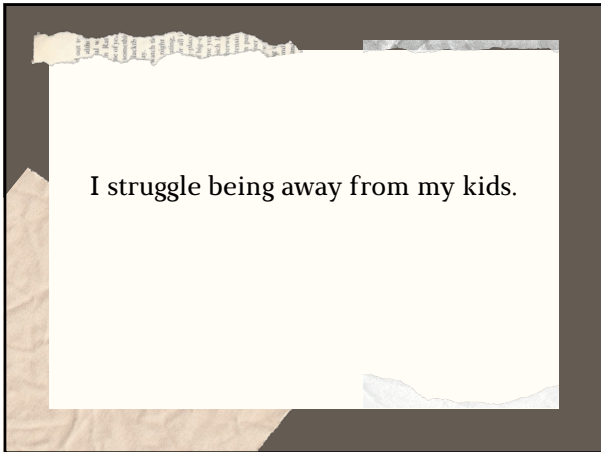
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I struggle with wanting to control everything.

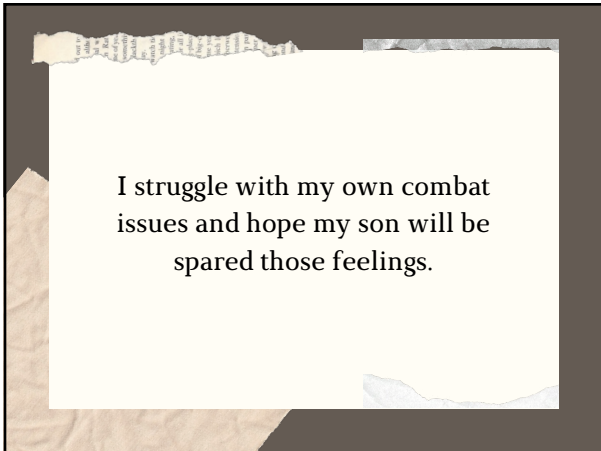
8

I feel overwhelmed.

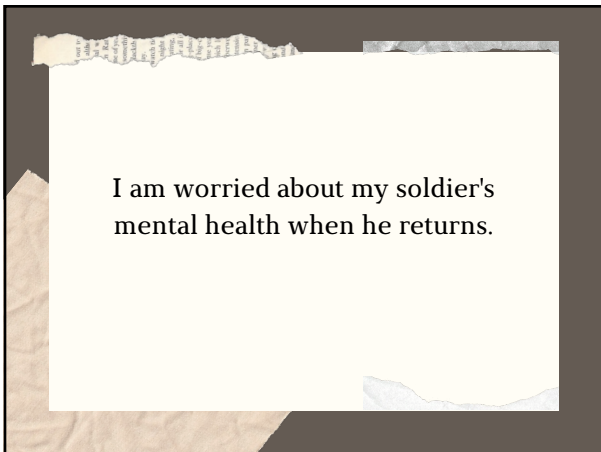
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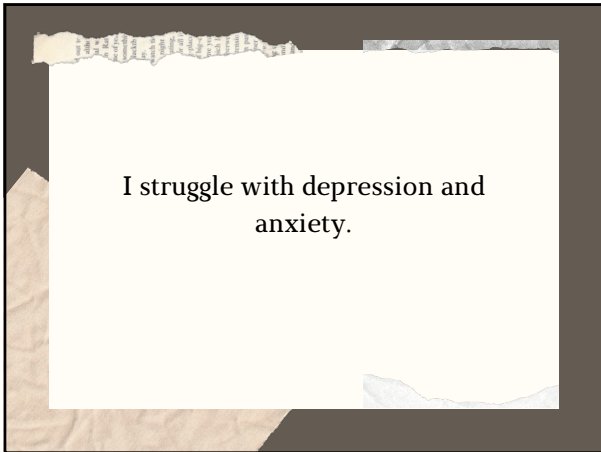
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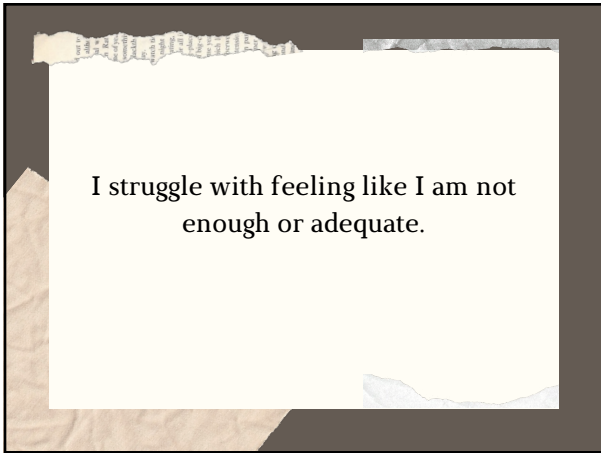
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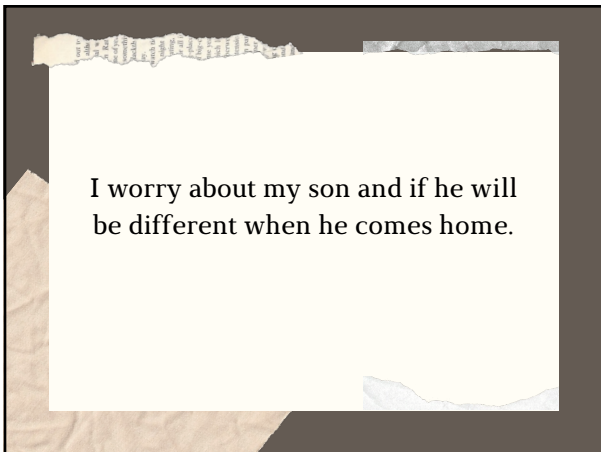
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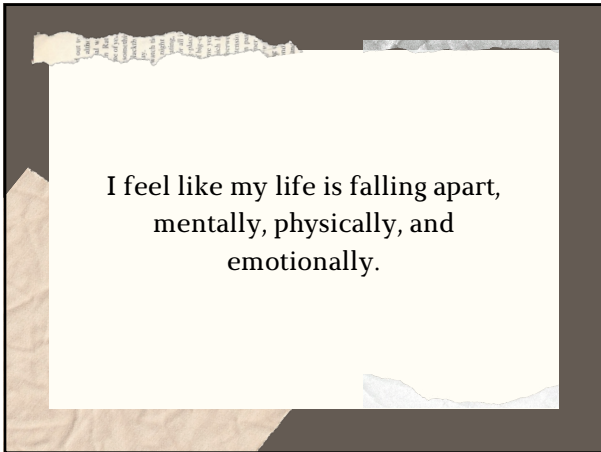
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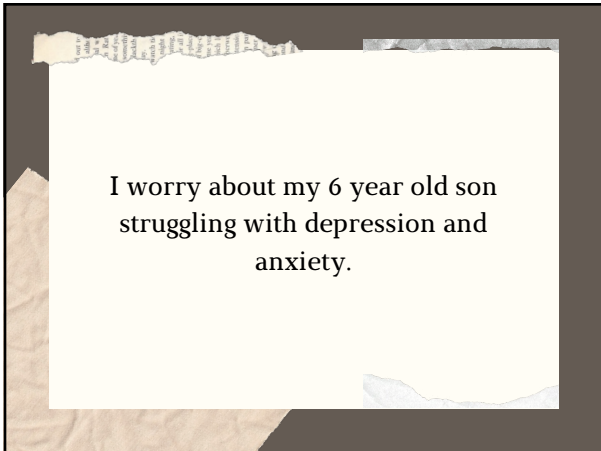
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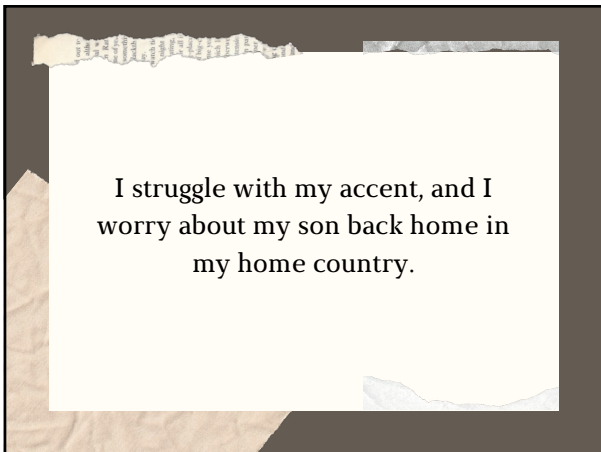
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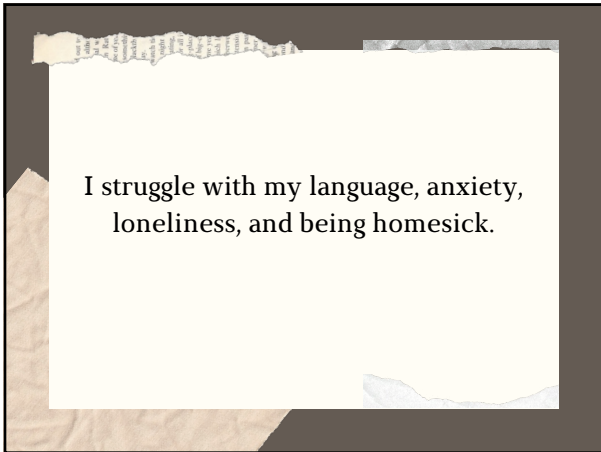
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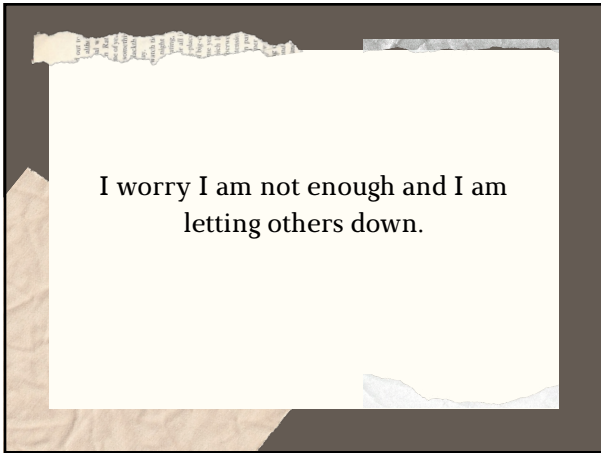
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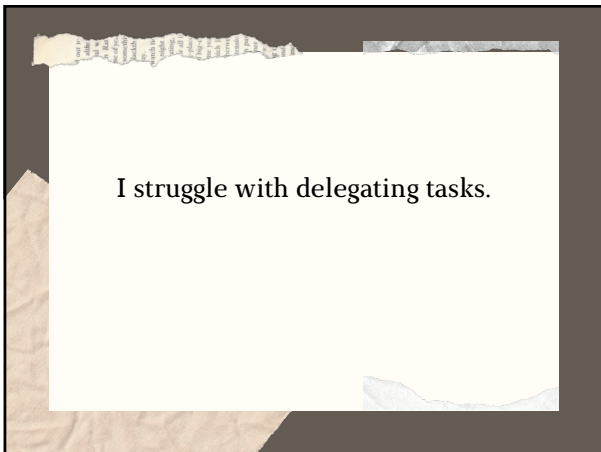
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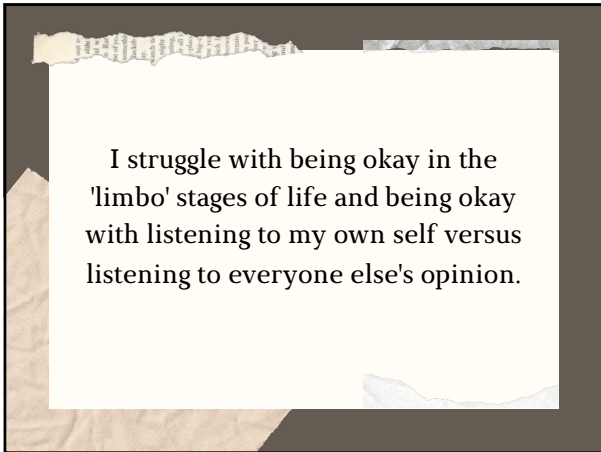
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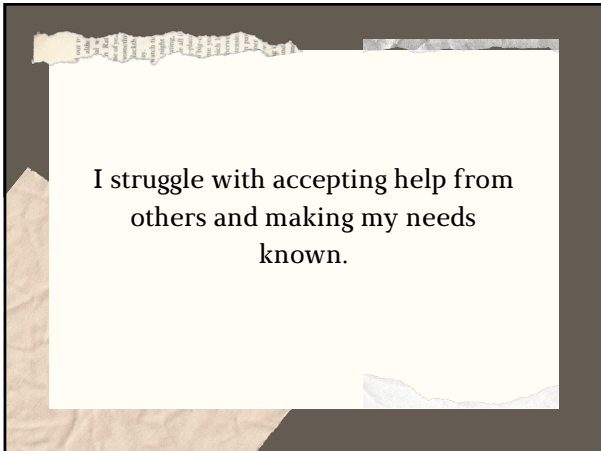
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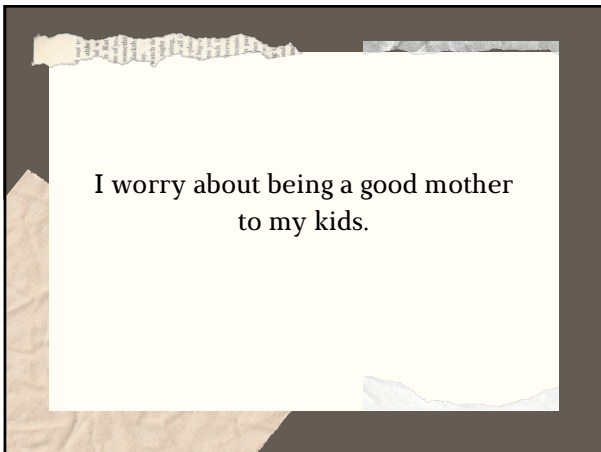
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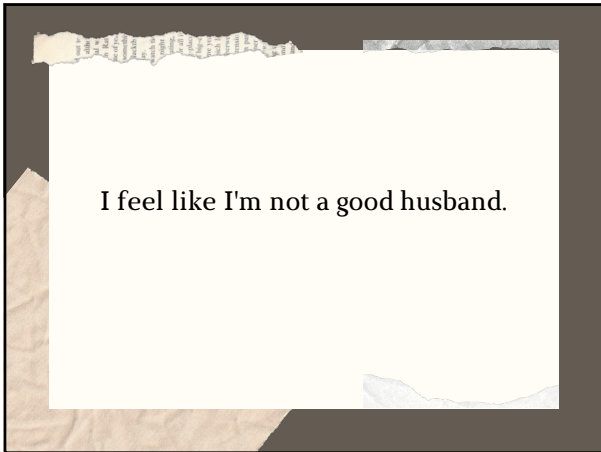
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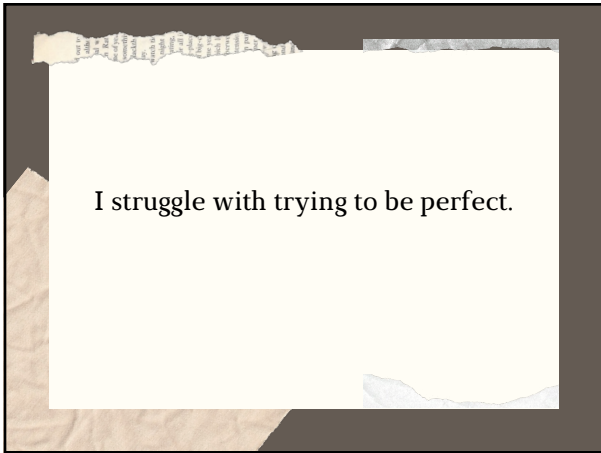
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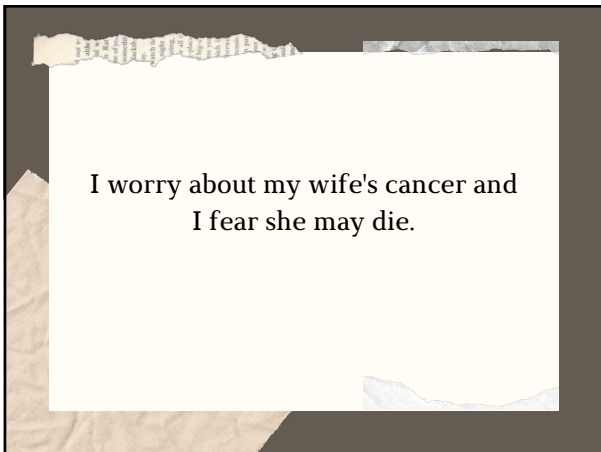
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27

I worry about not being enough for my boys, teaching them to be good men without having a masculine influence at home.

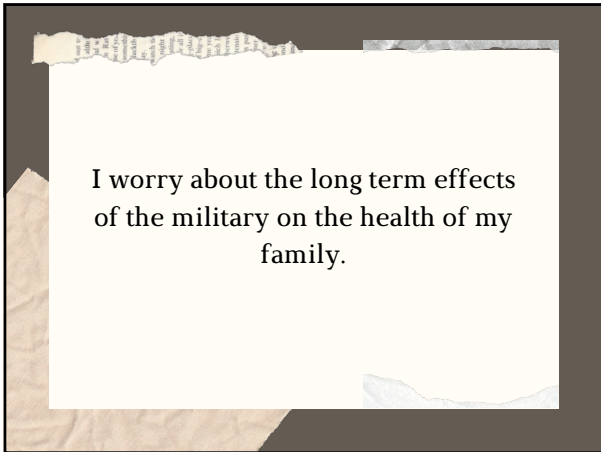
28

I worry about him coming home different like my first dad did.

29

I feel guilty for yelling all the time and for not being able to manage my frustrations in a healthier way.

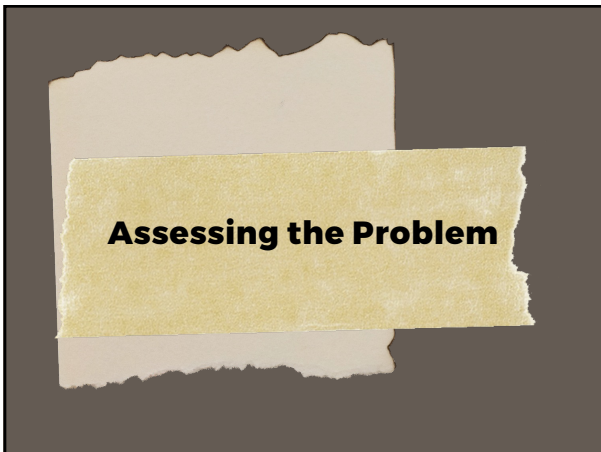
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32



33

The Holmes-Rahe Stress Inventory

The Holmes-Rahe Life Stress Inventory
The Social Readjustment Rating Scale

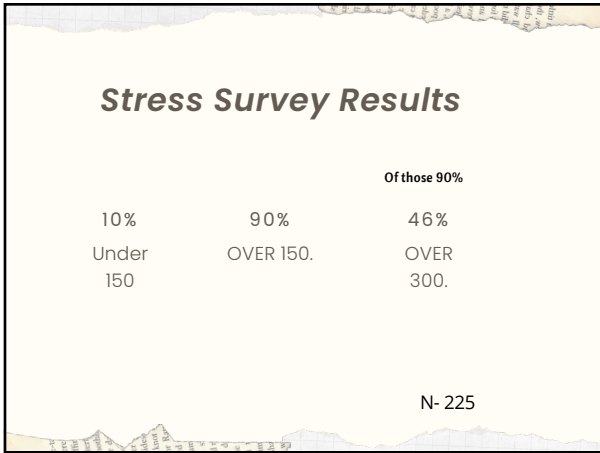
INSTRUCTIONS: Mark down the point value of items of stress the events that happened to you during the previous year. Tick boxes associated points.

Life Event	Point Value
1. Death of spouse	100
2. Divorce	73
3. Marital separation from spouse	65
4. Change in living conditions	63
5. Death of close family member	63
6. Major personal injury or illness	53
7. Going to prison	53
8. Being fired at work	47
9. Marital reconstruction with spouse	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Unemployment	39
13. Change of schools	39
14. Gaining a new family member (i.e., birth, adoption, other adult marriage, etc.)	39
15. Major business responsibility	37
16. Major change in financial status (i.e., loss of income or better off than usual)	37
17. Death of close friend or acquaintance	37
18. Change in number of arguments with spouse (i.e., either a lot more or a lot less than usual)	36
19. Change in number of arguments with children (i.e., either a lot more or a lot less than usual)	36
20. Change in number of arguments with friends (i.e., either a lot more or a lot less than usual)	36
21. Introduction of a stepchild to home	36
22. Major change in responsibility at work (i.e., promotion, demotion, etc.)	35
23. Change in housing (i.e., move to the city, apartment, house, town, etc.)	35
24. Change in family structure (i.e., divorce, remarriage, etc.)	35
25. Change in financial status (i.e., loss of income, etc.)	35
26. Change in family structure (i.e., divorce, remarriage, etc.)	35
27. Change in family structure (i.e., divorce, remarriage, etc.)	35
28. Change in family structure (i.e., divorce, remarriage, etc.)	35
29. Change in family structure (i.e., divorce, remarriage, etc.)	35
30. Change in family structure (i.e., divorce, remarriage, etc.)	35
31. Change in family structure (i.e., divorce, remarriage, etc.)	35
32. Change in family structure (i.e., divorce, remarriage, etc.)	35
33. Change in family structure (i.e., divorce, remarriage, etc.)	35
34. Change in family structure (i.e., divorce, remarriage, etc.)	35
35. Change in family structure (i.e., divorce, remarriage, etc.)	35
36. Change in family structure (i.e., divorce, remarriage, etc.)	35
37. Change in family structure (i.e., divorce, remarriage, etc.)	35
38. Change in family structure (i.e., divorce, remarriage, etc.)	35
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40. Change in family structure (i.e., divorce, remarriage, etc.)	35
41. Change in family structure (i.e., divorce, remarriage, etc.)	35
42. Change in family structure (i.e., divorce, remarriage, etc.)	35
43. Change in family structure (i.e., divorce, remarriage, etc.)	35
44. Change in family structure (i.e., divorce, remarriage, etc.)	35
45. Change in family structure (i.e., divorce, remarriage, etc.)	35

Now, add up all the points you have to find your score.

800-451-2323: scores below 150 indicate a low level of stress and a low susceptibility to stress-induced health problems.
400-451-2323: scores above 150 indicate a high level of stress and a high susceptibility to stress-induced health problems.
200-451-2323: scores above 300 indicate a very high level of stress and a very high susceptibility to stress-induced health problems.

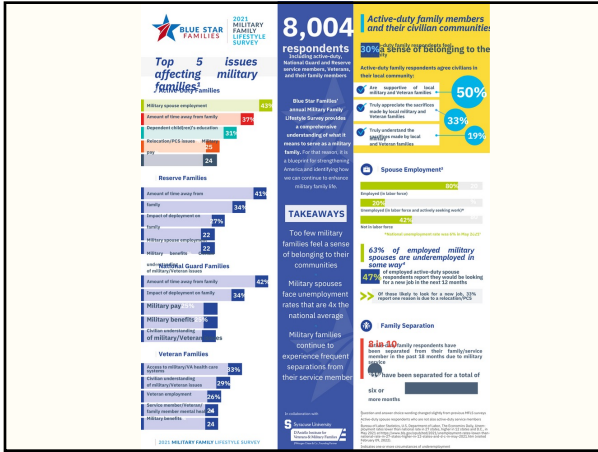
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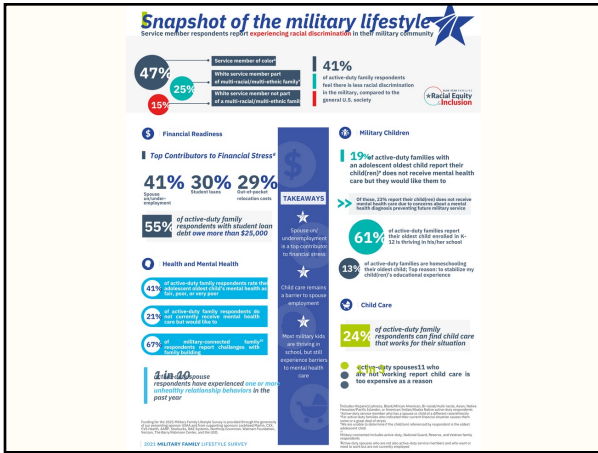
35

34% dealing with death of a close family member (grief)
32% personal health injury
46% major change in health/behavior of a family member
50% change in residence
41% major financial changes/status
42% sexual difficulties
53% major changes in #s of arguments w/spouse
38% major changes in personal habits
50% major changes in sleeping habits
54% major changes in eating habits

36



37



38

Recently completed a survey with service members and their families:

key take-aways

- We are struggling more than ever!
- Exhausted
- Those who have been involved are dropping off
- Compounding Stressors
- Recover and Rest is the limit of self care

Listen to the podcast!

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HOW THE STRESS ACCULTURATION MODEL APPLIES TO MILITARY FAMILIES

40

Berry's acculturation model

(a) **assimilation**, when an acculturating individual does not wish to maintain his or her original cultural identity and primarily seeks social relationships with the dominant society; (b) **separation**, which is characterized by a maintenance of the original culture/identity with a wish to avoid social relationships with the dominant society; (c) **integration**, where an individual wishes to maintain relationships with his or her original culture/identity and wishes to develop social relationships with the dominant society; and (d) **marginalization**, when the acculturating individual does not maintain his or her original culture/identity and does not have a desire to develop social relationships with the dominant society. Such individuals develop a de-identified personality resultant from superficially inhabiting two cultures at once, but feeling like a relative stranger in both.

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Definitions

“Acculturation is a bidirectional process, that is, it is a two-way, reciprocal relationship” (Teske, Nelson 358). On the other hand, “assimilation implies an essentially unilateral approximation of one culture in the direction of the other” (Teske, Nelson 363).

Raymond H. C. Teske, Jr., and Bardin H. Nelson, "Acculturation and Assimilation: A Clarification," American Ethnologist, vol. 1, no. 2, 1974, pp. 351-367, JSTOR, www.jstor.org/stable/643554.

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Definitions

Acculturation Stress: refers to the stressors associated with being a minority and going through the acculturation process

So, minority merges into the majority adopting of the new culture in some way/or completely.


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Definitions

Culture: the customs, arts, social institutions, and achievements of a particular nation, people, or other social group

Identified by:
Codes of manners
Dress
Language
Rituals
Beliefs

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UNIFORM CODE OF MILITARY JUSTICE

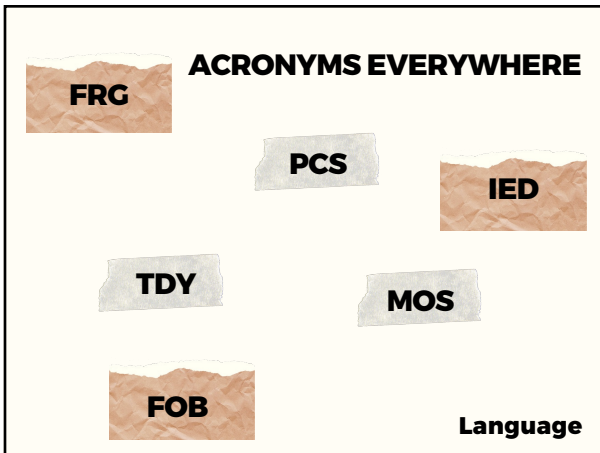
The Uniform Code of Military Justice (UCMJ), enacted by Congress, contains the substantive and procedural laws governing the military justice system.

Code of Manners

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47



48

Army
Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage
(LDRSHIP)
Navy and Marine Corps
Honor, Courage, and Commitment
Air Force
Integrity First, Service Before Self, and Excellence in All We Do
Coast Guard
Honor, Respect, and Devotion to Duty

In addition to the values established by each branch of the military, service members tend to follow and/or live by a few principles or ways of thought (some written, some unwritten):

- Unit Cohesion- Much regard and respect for comrades and leadership. Always a desire to contribute to the success of the mission and unit
- Concern for Reputation- Fear of disappointing and/or breaking the trust of superiors as well as comrades. Always a desire to contribute to the success of the mission
- Never Leave a Man Behind- That goes for on the battlefield and at the local bar
- Stoicism- Controlling emotions; the inability to do this could be a sign of weakness

Beliefs

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IDENTITY????

Military Children




Veteran	Soldier
Military Spouse	Athelete
Marine	Husband
Entrepreneur	Father

50

Definitions

Stress Acculturation is a type of stress in which an individual comes to experience certain stress behaviors such as:

- Alienation
- Depression
- Anxiety
- Marginalization
- Heightened Psychosomatic Symptoms
- Identity Confusion

Williams, C.L. and Berry, J.W. (1991) Primary Prevention of Acculturative Stress among Refugees: Application of Psychological Theory and Practice. American Psychologist, 46, 632-641.
<https://doi.org/10.1037/0005-066X.46.6.632>

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The Department of Suicide Prevention Office

RISK FACTORS

- Lack of Social Support
- Relationship Problems
- Financial Problems
- Legal Problems

PREVENTING FACTORS

- Social Support Network
- Finding Purpose
- Volunteerism
- Spirituality

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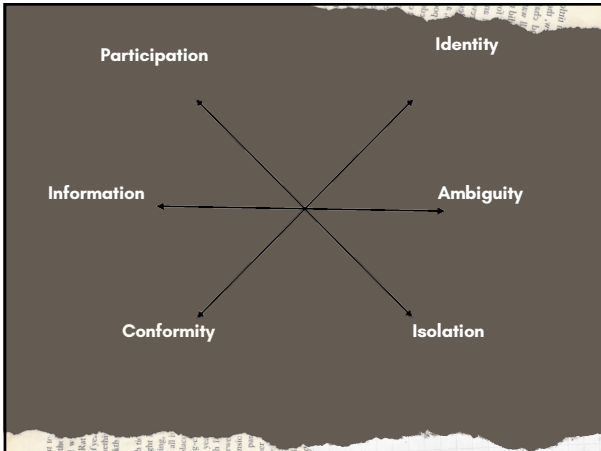


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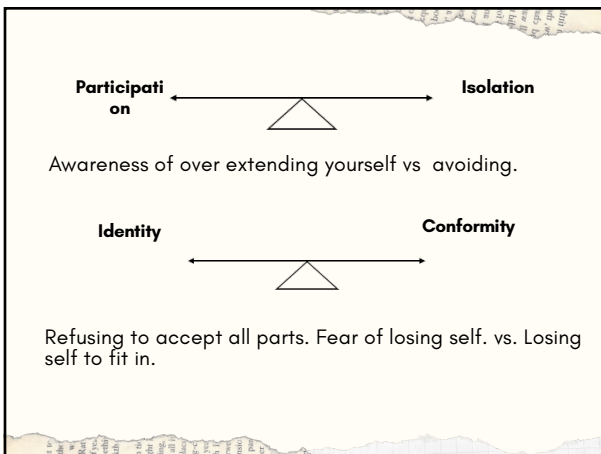
Eriksons Model

- **Stage 5: Identity vs. Confusion.**
- **Stage 6: Intimacy vs. Isolation.**
- **Stage 7: Generativity vs. Stagnation.**

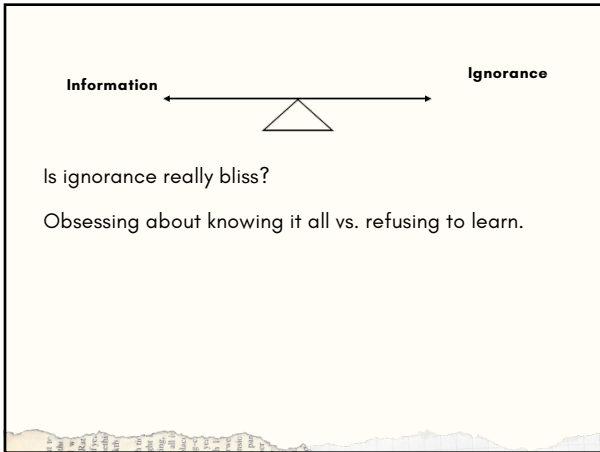
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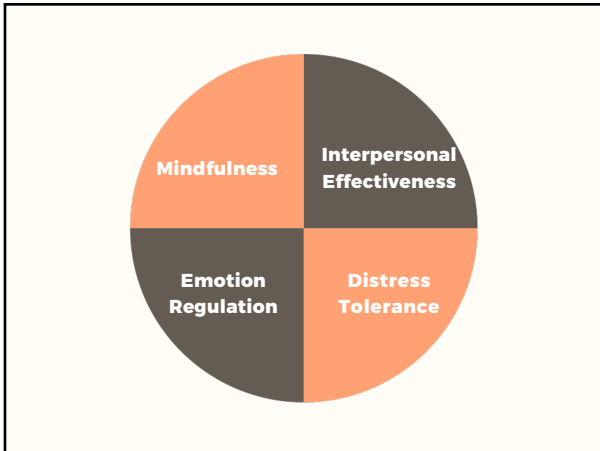
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59



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Most Common Barriers

Does not have the time

Incorrect Information
 *thinks they need a referral
 *thinks it will impact spouses career

No childcare

Worried about Confidentiality

Difficulty Getting an Appointment

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What can YOU do?

62

Accept Tricare Insurance

Listen to podcasts / read articles

Take CEU's in related topics

Bust Myths when You Hear them

Kindly refer and have appropriate referrals close by.

63

Resources:

Tricare

Military One Source

Cohen Veterans Network Clinics

SAFE Project

Blue Star Families at Bluestarfam.org

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Thank you

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- Unpacking Your Emotional Ruck (signature workshop)**
- Little Rucks (children's workshop)**
- The Long Walk (couple's workshop)**
- Armed Endurance (service Members & first responders)**

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