



Your DONCEAP

The quickest and best way to contact DONCEAP is by calling **1-844-DONCEAP**

Have a Plan for Managing Stress

Sure, it would be nice to take a month off at the beach to relax. But for most of us, that's not possible. Stress is a part of everyday modern life. So what do we do when the pressures of work, family life, and finances begin to add up?

First, it's important to learn how to identify the signs of stress. When in a stressful situation, you may show signs of physical symptoms. These can include headaches, rapid heartbeat, or muscle tension. You may also notice emotional effects like irritability, restlessness, or depression. Over time, these can seriously affect your health.

Once you recognize a potentially harmful level of stress, you can start using specific techniques to manage it. In this issue of *Your DONCEAP*, we take a look at stress and what you can do about it. We examine:

- The impact of stress on families, and how to engage your children in shaping a healthier home environment.
- Ways in which stress can harm a relationship, and how you and your partner can team up to manage it.

Contact your Department of the Navy Civilian Employee Assistance Program (DONCEAP) for a range of self-assessments and educational resources such as videos and live or on-demand webinars. These can help you learn to manage stress better!





Cut Stress as a Family

About three-fourths of parents say that family responsibilities are a major source of their stress. At the same time, only a small percentage of youth say their parents' stress does not bother them. Children often learn the behaviors they see in their parents. So, it helps to respond to stress in a healthy way.

1 - Keep the dialogue open. Take time each day to ask your children what's going on in their lives. Show your understanding, and help solve problems.

2 - Cool off after work. Instead of unloading on your family when you get home, take a few minutes alone to unwind and release the stress of the workday.

3 - Have family meals together whenever possible. It's a great time to catch up on each other's experiences.

4 - Treat everyone with respect. Take a few minutes to step back and calm down if there's a crisis. Be patient—not unnecessarily critical—and offer support to each family member.

5 - Preserve small moments of togetherness. Simple moments together—cooking, chores, outdoor activities, shopping or reading bedtime stories—can help your family stay connected and resilient.



Handling Stress in a Relationship

When Stress Sneaks In

Stress is a common part of life and sometimes we don't recognize its effects on us. Perhaps, you observe mood changes in your partner, or you see your partner turning to food, alcohol, or drugs to deal with current pressures. Regardless of its origin, stress can cause people to have misdirected anger, resulting in arguments or becoming withdrawn from one another. Unchecked, stress can harm every aspect of our health and well-being.

Communication is Key

One of the best antidotes to stress is communication. Take time to ask questions and truly listen to your partner. Good communication shows each partner that he or she is understood and cared for. Allowing your partner to share the burdens he or she may be carrying can help defuse

tension. Your fresh perspective on things may help your partner find solutions. If your partner can trust you as a source of comfort and problem solving, you'll be ready to jointly handle challenging situations when they arise.

Encourage Each Other

When times are tough, one of the best things you can do is to express confidence in your partner. This can help uplift and enable him or her to feel strong enough to face the current challenges. A positive word and attitude can be contagious!

Seek Help if Needed

If the symptoms of stress are interfering with your relationships, it is important to seek assistance from your doctor or a mental health professional. Your program offers resources to help you deal with life's challenges.

FOR MORE INFORMATION ON DEVELOPING A PLAN TO BETTER MANAGE STRESS, CALL YOUR DONCEAP TODAY AND SPEAK TO A SPECIALIST.

24 HOURS A DAY
1-844-DONCEAP

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