

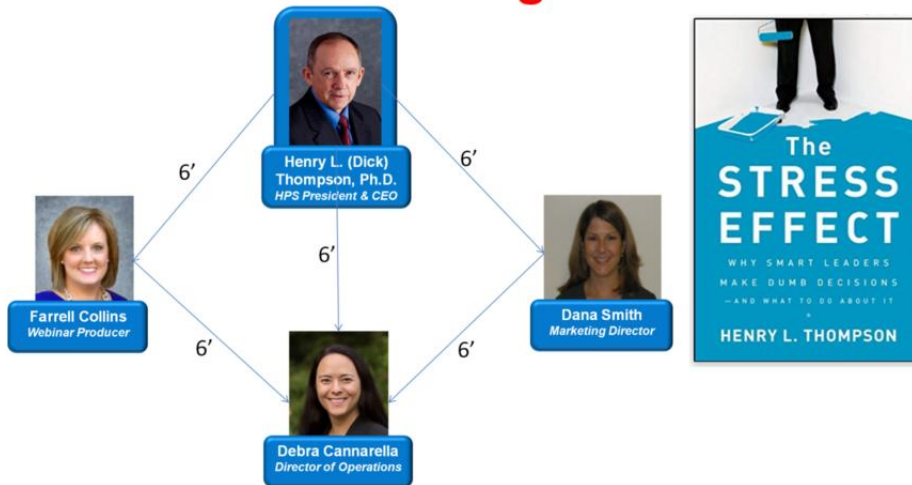
The Stress Effect: Social Distancing II
Handout
14 APR 2020



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The Stress Effect:

Social Distancing II

Physical Impact

- ❖ Space/distance/gloves/masks/sanitizer
- ❖ Shelter in place. What does this mean?
- ❖ Missing life events (weddings, funerals, vacations, etc.)
- ❖ Engage **some** people from a distance (others in mass quantities)
- ❖ Restrictions on where you can go/whom you interact with
- ❖ Can't work or scared to work
- ❖ Home schooling
- ❖ Everything takes longer
- ❖ Natural catastrophes



The Stress Effect:

Social Distancing II

Emotional Impact

- ❖ Fear & Anxiety
- ❖ Anger & Frustration
- ❖ Isolation & Loneliness
- ❖ Sadness
- ❖ Depression & Boredom
- ❖ Stigmatization
- ❖ Guilt



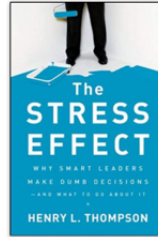
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Managing Stress

- ❖ Limit news consumption (use trusted sources e.g., CDC)
- ❖ Discipline: Follow a daily routine
- ❖ Stay virtually connected
- ❖ Healthy lifestyle (nutrition, exercise)
- ❖ Use a virtual support group
- ❖ Stimulate your brain
- ❖ Focus on maintaining a positive attitude
- ❖ Use the resources on the TSE website
- ❖ Stop. Breathe. Think. Act.
- ❖ Use the ARSENAL



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Stress Effect Resources

ARSENAL

PTSD Site

Summary Sheet

Emotional Intelligence

Self-Development Programs

Jocko Podcast #204, #205, #206

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The Stress Effect and Suicide Awareness



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