

MINDFULNESS FOR STRESS MANAGEMENT



Employee Assistance Program (EAP)
Ms. Lisa Perry-Smith, DSN 548-1402
Naomi.L.PerrySmith.CIV@Army.mil



Army Civilian Support and Wellness Resources

Behavioral Health Clinic:

Active-Duty Service Member and Command Sponsored Active-Duty Family Members (space available). The Behavioral Health Clinic is located at Building 1526 on Clay Kaserne
DSN 590-1320 or civilian tel. 06371-9464-1320.

Military Family Life Counselors (MFLCs):

Military Service Members and their Families. Military Family Life Counselors assigned to Army Community Service (ACS) provide non-medical short-term, situational problem-solving counseling. Their services are confidential and private, except for duty-to-warn situations. Military Family Life Counselors assigned to our Community:
0151-2358-7776, 0151-2351-9554, or call ACS, 0611-143-548-9202

On-Call Duty Chaplain & Family Life Chaplain:

Confidential counseling, pastoral care and support. **On-Call Duty Chaplain at civilian tel. 0162-274-7337. Family Life Chaplain:** DSN 548-5173, CIV 0611-143-548-5173.



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EMPLOYEE ASSISTANCE PROGRAM

Ms. Lisa Perry-Smith, MA, MSW, CEAP



DON'T GO THROUGH IT ALONE

Army's Employee Assistance Program (EAP) is a free, voluntary, and confidential program to assist through various life challenges.



PROGRAM OPPORTUNITIES:

- Screening Assessments
- Short Term Counseling
- Referrals
- Resources
- Work Place Consultation
- Training and Education

ELIGIBILITY:

- DA Civilian Employees
- Active-Duty Spouses
- Military Retirees
- Immediate Adult Family Members (+18 years)



EAP APPOINTMENT
Scan for QR CODE

US ARMY GARRISON WIESBADEN
RESILIENCY CENTER
CLAY KASERNE, BLDG. 1201

08:00- 16:00

DSN: 314-548-1402
CIV 0611-143-548-1402

EMAIL: naomi.l.perrysmith.civ@army.mil





Army Civilian Support and Wellness Resources

Defense Civilian Personnel Advisory Service (DCPAS)

Reach-C: Resources Exist, Asking Can Help – Civilian:

DoD Civilians: Boost Your Mental Health with REACH-C

REACH-C is a new, online self-paced course for DoD civilian personnel developed by Defense Personnel Analytics Center (DPAC) and Defense Civilian Personnel Advisory Service (DCPAS). Drawing on evidence-based research, REACH-C will teach you four critical skills: self-advocacy, social connection, work-life balance, and offering support to colleagues who are struggling. REACH-C will help you identify the stressors in your life and find the help you need to thrive.

REACH-C takes about 2 hours to complete at your own pace, with the flexibility to take breaks. In fact, we encourage learners to take their time and fully engage with the course exercises to get the most out of the experience.

Access the REACH-C Course:

<https://www.dcpas.osd.mil/reach-civilian-training/>

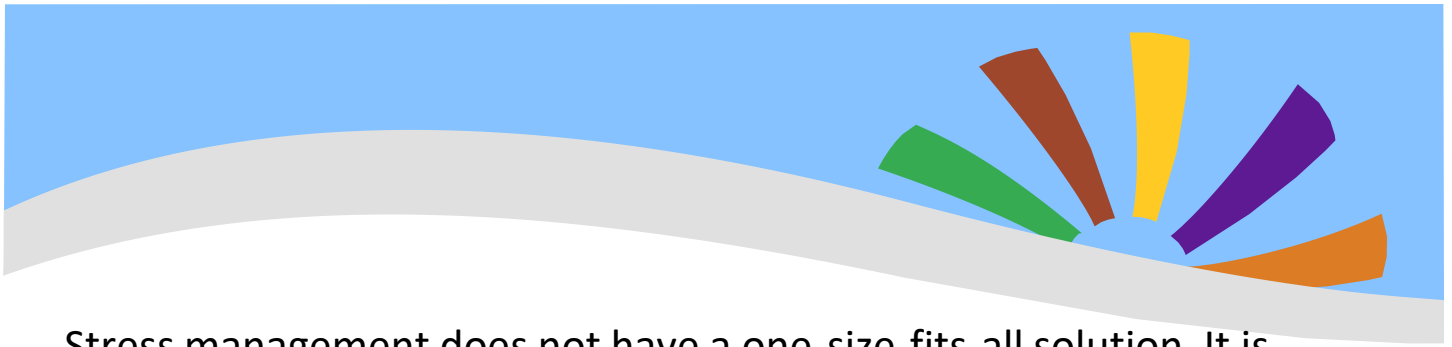
<https://www.dcpas.osd.mil/policy/worklife/employeeassistance/reach-c-training>



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Stress management does not have a one-size-fits-all solution. It is essential to try different methods to find what works best for you. Whether you aim to lower stress levels or handle it as it arises, effective techniques and strategies are available.

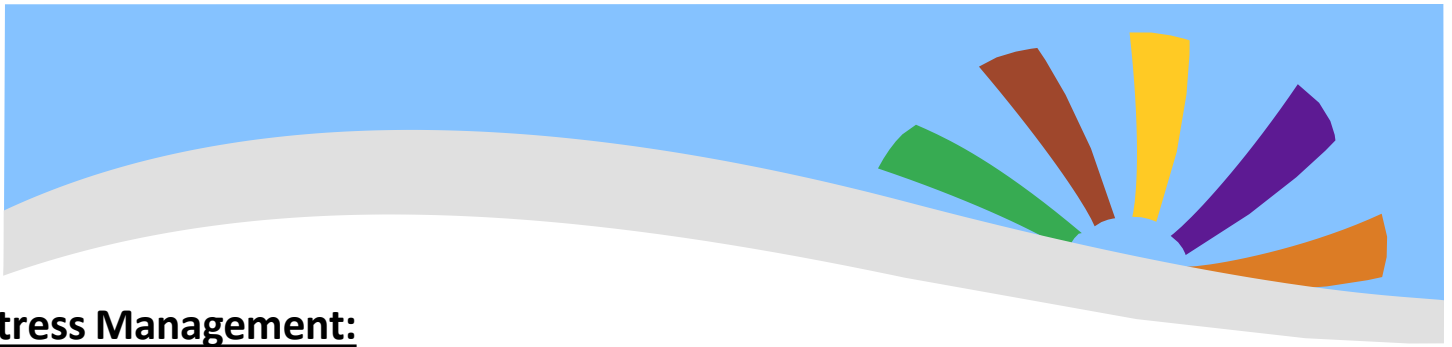


<https://www.helpguide.org/wellness>

<https://www.helpguide.org/mental-health/meditation>



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Stress Management:

Stress Management Techniques and Strategies to Deal with Stress.

<https://www.helpguide.org/mental-health/stress/stress-management>



While it may seem like there's nothing you can do about stress in your life, there are healthy steps you can take to destress and regain control.



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Take Care of You! Staying physically healthy can improve your emotional well-being. Here are some suggestions to better improve your health:

Eat healthy. Have fruits and vegetables, lean protein, whole grains.

<https://www.cdc.gov/nccdphp/npao/features/healthy-eating-tips/index.html>

Get enough sleep. Go to bed and wake up at the same time each day to help you sleep better. Adults need 7 or more hours per night.

Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2½ hours a week. You can break it into smaller amounts of time, such as 20-30 minutes a day.

Limit alcohol intake. Moderation means having 2 drinks or less a day for men or 1 drink or less a day for women. Drink Less, Be Your Best.

<https://www.cdc.gov/drinklessbeyourbest/>

Avoid illegal drugs or using prescription drugs in ways other than prescribed.

Substance use [treatment](https://findtreatment.gov/) is available, ask for help. <https://findtreatment.gov/>

Avoid smoking, vaping, and the use of other tobacco products. People can and do quit for good. https://www.cdc.gov/tobacco/quit_smoking/index.htm

*Info and resources collected from cdc.gov



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Practical Strategies and Techniques for Coping with Changes

1. **Acknowledge Your Feelings:**

It's important to recognize feelings of grief, anger, or guilt instead of suppressing them. Be patient with yourself during this adjustment period; it takes time. Be kind to yourself, and allow for rest and recovery

2. **Establish a Routine:**

Create a daily schedule that includes work tasks, self-care, and leisure activities. A routine can provide a sense of stability during uncertain times.

3. **Stay Connected:**

Maintain relationships with colleagues and friends. Engaging in volunteer work or helping colleagues can create a sense of purpose and satisfaction, positively impacting your emotional state.

4. **Seek Professional Support:**

If feelings of anxiety or depression become overwhelming, consider talking to a mental health professional. Therapy can provide tools to manage stress and cope with change.

5. **Focus on What You Can Control:**

Identify aspects of your life you can influence, such as professional development and learning new skills. Concentrating on these can help alleviate feelings of helplessness.



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Practical Strategies and Techniques for Coping with Changes Continue..

6. Invest in Personal Development:

Take advantage of training or education opportunities. Developing new skills can boost your confidence and open doors for advancement.

7. Practice Mindfulness and Relaxation Techniques:

Engage in mindfulness exercises, meditation, or deep-breathing techniques to help reduce anxiety and improve your mental clarity. Get appropriate sleep.

8. Set Small, SMART Goals:

SMART: Specific, Measurable, Achievable, Relevant, Timebound. Celebrate your accomplishments, big and small. This approach can help maintain motivation and a sense of achievement.

9. Limit Negative Information:

Be mindful of media consumption and social media interactions that contribute to anxiety. Focus on positive, constructive content instead.

10. Engage in Physical Activity:

Regular exercise can significantly boost your mood and reduce stress. Find an activity you enjoy, whether it's walking, yoga, or team sports.



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Leader's Guide to Recognizing and Responding to Stress in the Workplace

INDICATIONS:

- **Fight Response**
 - Overly engaged/Angry imposition
- **Flight Response**
 - Dissipating involvement/AWOL
- **Freeze Response**
 - Immobilized/Shutting-down

SIGNS:

- **Medical Conditions**
 - Illness susceptibility/On-set diseases
- **Mental & Emotional**
 - Mental & Emotional deregulation
- **Spiritual Crises**
 - Questioning/Doubt

ACCOUNTABILITY:

- **Recognize**
Watchful/Alert/Observing
- **Respond**
Listen/Acknowledge/Assist
- **Refocus**
Normalize/Emphasize/Encourage
- **Refer**
Supportive/Non-disciplinary/Safe

RESOURCE:

CRISIS & EMERGENCIES:
German Host Nation Ambulance: 112

988 Suicide & Crisis Lifeline:
Call DSN 988
German civilian telephone:
+1 844-702-5495

Chat On-line:
<https://www.veteransCrisisline.net/Chat>
(Available 24/7)

On-Call Duty Chaplain at civilian tel.
0162-274-7337



Monday-Friday, 8:00 a.m. - 4 p.m.
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Resources - APPs and links

CHILL DRILLS APP:

- **Chill Drills is a collection of simple audio exercises for stress relief include guided meditation exercises and sleep music. Developed for members of the military community.**



WE CARE EUROPE: U.S. Army app



WeCare, Europe

TRADOC Mobile

Designed for iPad

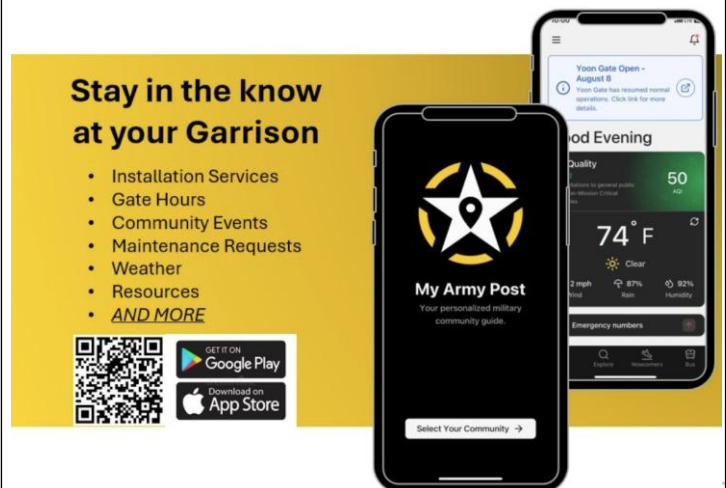
★★★★★ 5.0 • 2 Ratings

Free

Suicide / Sexual Assault Prevention Campaign
educational and resource tool to reduce high risk behaviors.

MY ARMY POST APP: MAPA

- A new Army-wide smartphone app (MAPA) is available for Soldiers, Families, DOD civilians and contractors to inform them of timely information



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