

Good Stress and Bad Stress

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/yrrp/handouts.html) at:
www.yellowribbon.mil/yrrp/handouts.html

Scenario 1: Good Stress

Laura had to do a lot of growing up while her dad was deployed. She took over the lawn care and a lot of the cooking, and her mom trusted her to manage her own schedule. When her dad returned, he tried to enforce her old curfew and started interfering in the routine that Laura and her mom had established. Laura found herself feeling really annoyed and frustrated with her dad but realized that he had no idea how much she had matured while he was away. She decided to figure out a way to talk with him about her frustrations and hopes for the future.

What are some positive consequences that could occur as a result of this stress?

Scenario 2: Bad Stress

Since coming home from Iraq three months ago, Tyler's dad has hardly spoken to the family. He sits alone watching TV and yells at Tyler, his mother, and his younger sister Lisa if they don't immediately do what he says. Everyone feels like they are walking on eggshells at home. Tyler feels like he can never relax.

What are some negative consequences that could occur as a result of this stress?

Steps and Strategies for Managing Stress

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Quick Steps for Managing Stress

1. **Take a long deep breath.** Close your eyes and breathe in slowly through your mouth, letting the breath out slowly through your nose. Pay close attention to the feeling of your breath going in and out.
2. **Be calm.** Recognize how you feel and allow it to pass. Try to relax your muscles.
3. **Be present.** Focus only on the thing that is happening right now. Don't let other things distract you or crowd your mind. If you are talking with someone, give that person your full attention.

Quick List of Stress Management Strategies

1. Exercise (e.g., run; walk; swim; play sports; yoga)
2. Listen to music
3. Talk to friends
4. Do something creative (e.g., art; music; crafts)
5. Take a shower
6. Spend time with a pet
7. Do something you love doing
- 8.
- 9.
- 10.
- 11.

Stress Management for Teens: Handling Reintegration

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A Reintegration Stressor for me might be...	A strategy that I could use to help me manage this stressor might be...	Something that could happen if I use this strategy might be...