

## SECTION II. INTRODUCTION

Method of Instruction: <u>Conference / Discussion</u>
Instructor to Student Ratio is: _____
Time of Instruction: <u>5 mins</u>
Media: <u>-None-</u>

### Motivator

**NOTE:** Show Slide #1 (Stress Management).

As a staff member working in a detainee camp you face stressful challenges daily. You must apply the knowledge you gain by paying close attention to these instructions. Your inability to properly deal with stress could result in having a heart attack, hypertension, and other illnesses. In order to deal with stress, we must first be able to identify what stress is.

**NOTE:** Instructors are required to incorporate Contemporary Operating Environment (COE) issues and reinforce VALUES in this lesson to include scenarios and practical exercises. There are key variables that can be expected in virtually every conflict that serve as building blocks for the operational environment (OE). They are interrelated and sometimes overlap, and serve collectively as the foundation for understanding COE. Information can come from CALL (Center for Lessons Learned) <http://call.army.mil> or any media source including newspaper/magazine articles, television/radio information, law enforcement/field training circulars, etc. and should be current and relevant to the training. Do not violate any copyright or reproduction laws.

The eleven variables are:

1. Physical environment
2. Nature and stability of the state
3. Military capabilities
4. Technology
5. Information
6. External organizations
7. Social demographics
8. Regional Relationships
9. National will
10. Time
11. Economics

**NOTE:** Show Slide #2 (TLO).

### Terminal Learning Objective

**NOTE:** Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Discuss the effects of stress and how to cope with it.
Conditions:	In a classroom environment, given conference presentation.
Standards:	You must be able to identify stress and how to cope with stress in a

	detainee camp.
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**Safety  
Requirements**

None.

**Risk  
Assessment  
Level**

Low

**Environmental  
Considerations**

**NOTE:** It is the responsibility of all soldiers and DA civilians to protect the environment from damage.  
None.

**Evaluation**

None.

**Instructional  
Lead-In**

Stress occurs both on and off the job. During this class, we will discuss what causes stress, what are some early warning signs, and methods on how to control stress.

### SECTION III. PRESENTATION

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#### 1. Learning Step / Activity 1. Stress

Method of Instruction: Conference / Discussion

Time of Instruction: 40 mins

Media: -None-

##### 1. Definition of Stress.

Before we discuss the indicators of stress and how to alleviate stress, we first have to know what stress is.

**NOTE:** Show Slide #3.

**QUESTION:** WHAT DOES THE WORD STRESS MEAN?

**NOTE:** Show Slide #4.

**ANSWER:** TENSION, ANXIETY, OR WORRY.

**NOTE:** INSTRUCTOR GET DEFINITION FROM THE STUDENTS.

**NOTE:** INSTRUCTOR GIVES BOOK DEFINITION OF STRESS.

**NOTE:** Show Slides #5 and #6 (Definition of Stress).

**ANSWER:** STRESS IS ANY PERSONAL OR ENVIRONMENTAL EVENT THAT PRODUCES AN AUTOMATIC NERVOUS SYSTEM RESPONSE. STRESS CAN BE POSITIVE OR NEGATIVE.

**NOTE:** Show Slide #7 (Two Types of Stress).

##### 2. Two types of stress.

Stress has both a positive and negative aspect. In ancient China the symbol for stress included two written characters-one opportunity and one for danger.

(1) Stress can be helpful (Eustress). A positive and necessary type of stress that enables one to function and accomplish goals.

(2) Stress can be harmful (Distress). A negative type of stress that, if not managed properly, can lead to a variety of diseases and mental depression.

**NOTE:** Show Slide #8 (Sources of Stress).

##### 3. Sources of stress.

Stress often arises from uncertainty, lack of control, and pressure, and traumatic experience.

(1) Uncertainty is an unavoidable part of life. Example: Private awaiting to work inside of a Detainee Camp for the first time.

(2) Lack of control - Staff writes detainee a D/R for unruly conduct that they believe to be guilty and these detainees are not found guilty.

(3) Pressure is also abundant in a detainee camp with work overloads, paperwork, unrealistic expectations from your supervisor, and the responsibility to protect life and property.

(4) Traumatic event - when an individual is exposed to unexpected and emotionally overwhelming situation usually loss of life, limb or persons psychological integrity (Post Traumatic Stress Disorder).

4. Early warning signs of stress.

**NOTE:** Show Slides #9 and #10 (Warning Signs of Stress).

**QUESTION:** WHAT ARE SOME OF THE EARLY WARNING SIGNS OF STRESS?

**ANSWER:** a. RAPID MOOD CHANGE.

b. DEPRESSION.

c. EXCESSIVE USE OF ALCOHOL.

d. TAKING UNNECESSARY CHANCES.

e. POOR SLEEP PATTERN.

f. EXCESSIVE VIOLENCE (USE OF FORCE).

g. OVERLY SUSPICIOUS.

h. IMPOTENCY/FRIGIDITY.

i. WEIGHT GAIN/LOSS.

j. ACID INDIGESTION.

k. MIGRAINES.

**NOTE:** Show Slides #11- #12 ( Early Warning Signs of PTSD)

5. What are some early warning signs of PTSD?

a. Panic Attack

b. Withdrawn and appears emotionally numb

c. Experience nightmares and sleep problems

d. May speak as if they are reliving the experience at that very moment

- e. Anger, Outburst, Irritability
- f. Difficulty Concentrating
- g. Hyper vigilance
- h. Nervousness or jumpiness

**COMMENT:** Symptoms may have a sudden onset and usually peak within ten minutes. Panic Attacks are commonly associated with Post Traumatic Stress Disorder. One Key symptom is agitation and a need to "get out" of a confined space.

Some other symptoms are:

**NOTE:** Show Slides #13 - #14 (Panic Attack Symptoms).

- a. Racing or Pounding Heart Beat
- b. Chest Pains, Commonly interpreted as a Heart Attack
- c. Dizziness, Lightheadedness, Nausea
- d. Difficulty Breathing
- e. Tingling or Numbness in hands
- f. Hot flushes or chills
- g. Terror and Impending Doom
- h. Fear of losing Control
- i. Fear of Dying

**NOTE:** Show Slide #15 (Physical Damage).

6. Stress is related to heart problems, hypertension, cancer, ulcers, diabetes, related disorders, asthma, and excessive frequent urination.

7. Stress you might face on the job.

**NOTE:** Show Slides #16 and #17 (Stress on the Job).

**ANSWER:** a. SHIFT WORK.

- b. LONG HOURS.
- c. WORK OVERLOAD.
- d. BOREDOM.
- e. ROTATING SHIFTS.

f. FEEL THAT YOU ARE NOT IN CONTROL OF EVENTS.

g. VIEW CHANGES AS A THREAT INSTEAD OF A CHALLENGE.

**NOTE:** REPORTING ON A POLL CONDUCTED FOR NORTHWESTERN NATIONAL LIFE BASED ON "THE GROWING REALIZATION THAT STRESS IS CAUSED BY THE ORGANIZATION ITSELF." AMONG THE STRESSORS WERE AS FOLLOWS:

- MANDATORY OVERTIME IS FREQUENTLY REQUIRED.

- CONSEQUENCES OF MAKING A MISTAKE ON THE JOB.

- WORKLOADS VERY GREAT.

-ROTATIONS AMONG SHIFTS.

- WORK IS EITHER SEDENTARY OR PHYSICALLY EXHAUSTING.

8. Cope with stress on the job.

**QUESTION:** WHAT ARE A FEW WAYS YOU CAN COPE WITH STRESS ON THE JOB?

**NOTE:** Show Slides #18- #19 (Few Ways to Cope with Stress).

ANSWER: a. CONCENTRATE ON ONE TASK AT A TIME.

b. DON'T BE AFRAID OF FAILURE.

c. DON'T BE AFRAID TO COMPLAIN.

d. DON'T PUSH YOURSELF BEYOND YOUR LIMITS OF ACHIEVEMENT.

e. TAKE TODAY AS TODAY - DON'T ADD TOMORROW (TOMORROW WILL TAKE CARE OF ITSELF).

f. STAY WITHIN THE LAW NO MATTER WHAT TEMPTATIONS ARISE.

g. BE A GOOD LISTENER AND A SHORT ANSWERER.

h. WRITE DOWN YOUR GRIPES: LOOK FOR A PATTERN.

i. PRACTICE BEING ASSERTIVE AND AVOID AGGRESSIVE AND PASSIVE BEHAVIOR.

**COMMENT:** LEAVE THE JOB AT THE JOB. DON'T TAKE IT HOME WITH YOU.

**NOTE:** Show Slide #20 (Drugs).

9. Do not smoke, and if you drink, drink in moderation. Avoid drugs to control stress unless recommended by a physician, and even then use them only to the extent absolutely necessary to get to a level where you can cope without drugs.

**NOTE:** Show Slide #21 (How to Cope with Stress).

10. Cope with stress off the job.

WHAT ARE A FEW WAYS YOU AS A STAFF MEMBER YOU CAN COPE WITH STRESS AFTER YOU LEAVE THE JOB?

- a. PHYSICAL EXERCISE SUCH AS
  - (1) RUNNING
  - (2) RELAXATION AND BREATHING TECHNIQUES.
  - (3) SWIMMING.
  - (4) BIKING.
  - (5) TAKE TIME OUT FOR YOURSELF.
  - (6) WEIGHTLIFTING.
  - (7) LEARN TO SAY NO.
  - (8) MAKE FRIENDS.
- b. IT IS RECOMMENDED THAT WE HAVE A BALANCED DIET.
  - (1) GOOD NUTRITION.
  - (2) AVOID SNACKS.
  - (3) GET 7-8 HOURS OF SLEEP.
  - (4) KEEP WEIGHT WITHIN NORMAL BALANCE.
  - (5) EXERCISE THREE TIMES A WEEK.
- c. TAKE A LEAVE OR PASS JUST TO GET AWAY FROM THE JOB.
- d. TALK PROBLEMS OVER WITH SOMEONE.
  - (1) SUPERVISOR.
  - (2) FRIENDS.
  - (3) FAMILY (PARENTS).
- e. REQUEST A DIFFERENT JOB WITHIN THE CAMP (SALLY PORT, TOWER, ETC...).

**NOTE:** Conduct a check on learning and summarize the learning activity.

#### SECTION IV. SUMMARY

Method of Instruction: <u>Conference / Discussion</u>
Instructor to Student Ratio is: _____
Time of Instruction: <u>5 mins</u>
Media: <u>-None-</u>

##### Check on Learning

Determine if students have learned the material presented by:

- a. Soliciting student questions and explanations.
- b. Asking questions and getting answers from the students.
- c. Providing immediate feedback in context to the material presented and correcting student misunderstandings.

##### Review / Summarize Lesson

**NOTE:** Show Slide #22 (Summary).

1. RETAIN ATTENTION: How much have you learned about yourself today? Are you in control of yourself? If you have more negative stress than positive, you could be in deep water. If you have learned anything from this class, I hope you can apply it when the time comes.
2. SUMMARY: During this block of instruction, we have discussed the meaning of stress, the early warning signs of stress, and how to cope with stress on and off the job.
3. CLOSING STATEMENT: Stress is a normal and natural part of life. You shouldn't blame others when you're upset. Don't take out your stress on detainees. And remember, supervisors aren't perfect, they make mistakes too.



**SECTION V. STUDENT EVALUATION**

**Testing  
Requirements**

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**None**

None.

**Feedback  
Requirements**

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**NOTE:** Feedback is essential to effective learning. Schedule and provide feedback on the evaluation and any information to help answer students' questions. Provide remedial training as needed.

- a. Schedule and provide immediate feedback in context to the material presented; correct student misunderstandings.
  - b. Provide remedial training as needed.
-

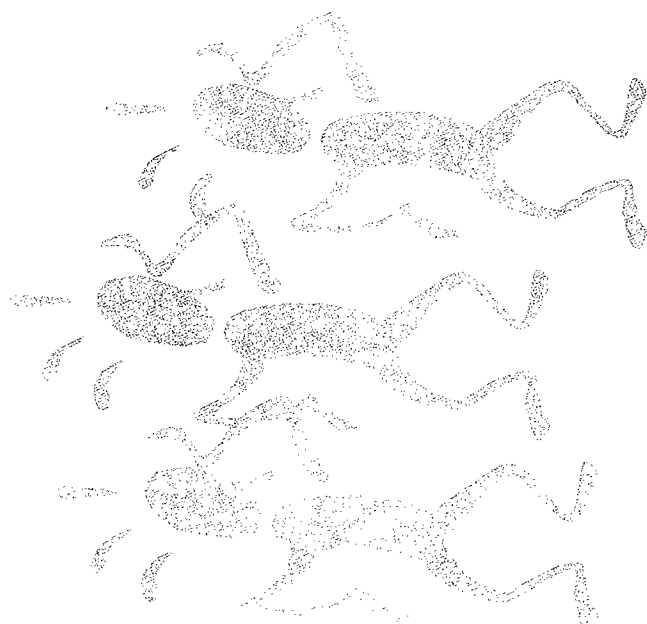
**Appendix A - Viewgraph Masters (N/A)**

**Appendix B - Test(s) and Test Solution(s) (N/A)**

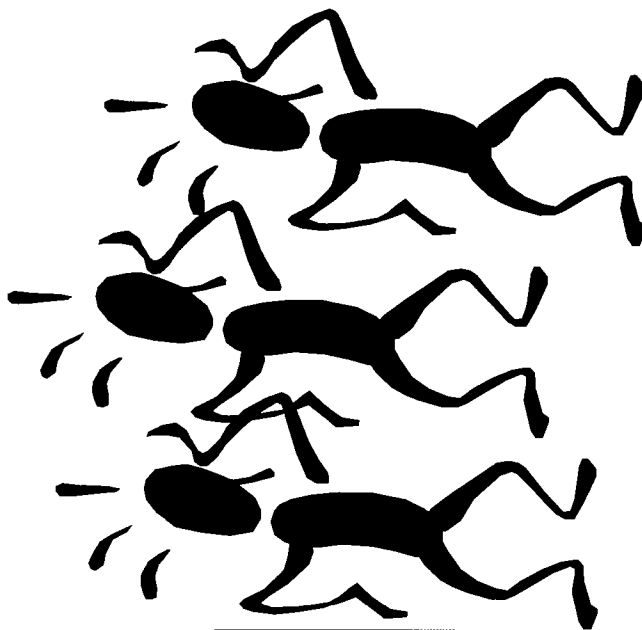
**Appendix C - Practical Exercises and Solutions (N/A)**

**Appendix D - Student Handouts (N/A)**

**STRESS**



**MANAGEMENT**



# ***Terminal Learning Objective***

## ***Action:***

**Discuss the Effects of Stress and How to Cope with It**

## ***Condition:***

**In a Classroom Environment Given a Conference Presentation.**

## ***Standards:***

**You Must Be Able to Identify Stress and How to Cope with Stress in a Detainee Camp.**

# What Does the Word

# Stress

# Mean?





**Stress means...**

**tension**

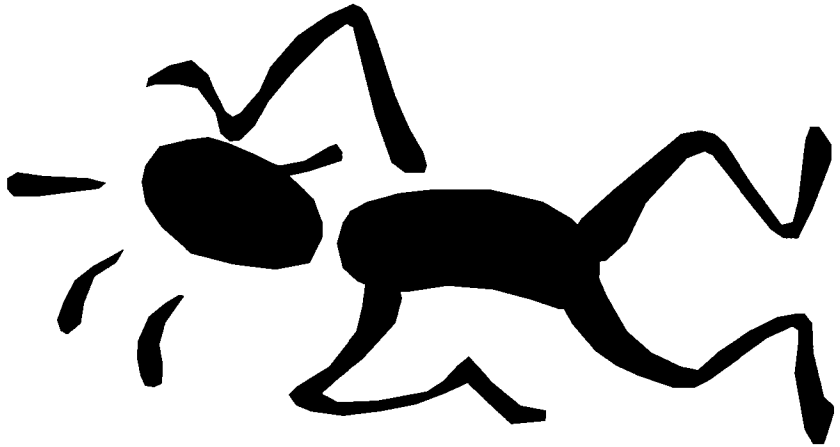
**ANXIETY**

**or**

**WORRY**

What is the *definition* of

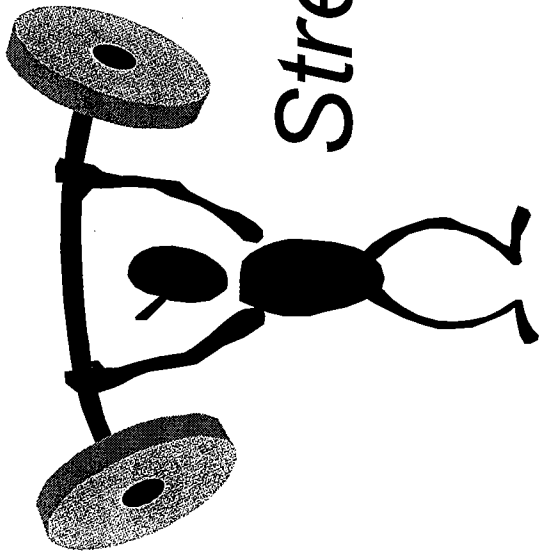
**Stress?**



# **STRESS**

**Personal or  
environmental event that  
produces an automatic  
nervous system  
response**

# Two Types of Stress



## **Eustress**

*Stress that can be helpful.*



## **Distress**

*Stress that can be harmful.*

# Sources of Stress

UNCERTAINTY

PRESSURES

LACK OF CONTROL


TRAUMATIC EVENT

# **Warning Signs of Stress**

 **Rapid Mood Change**

 **Depression**

 **Excessive Use of Alcohol**

 **Taking Unnecessary Chances**

 **Poor Sleep Patterns**

# **Warning Signs of Stress**



**Excessive Violence**



**Overly Suspicious**



**Impotency/Frigidity**



**Weight Gain/Loss**



**Migraine Headaches**

# **Early Warning Signs of PTSD**

 **Panic Attack**

 **Withdrawn / Emotionally numb**

 **Nightmares and Sleep Problems**

 **Reliving the experience**




# **Early Warning Signs of PTSD**

 **Anger, Outburst, Irritability**

 **Difficulty Concentrating**

 **Hyper vigilance**

 **Nervousness or jumpiness**

# **Panic Attack Symptoms**

 **Racing or Pounding Heart Beat**

 **Chest Pains - Heart Attack**

 **Dizzy, Lightheaded, Nausea**

 **Difficulty Breathing**

# **Panic Attack Symptoms**

 **Tingling or Numbness in Hands**

 **Hot Flashes or Chills**

 **Terror / Impending Doom**

 **Fear of Losing Control**

 **Fear of Dying**

# **Physical Damage**

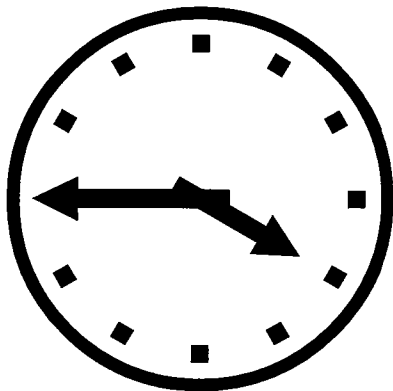
**Heart Problems !**

**Hypertension !**

**Ulcers !**

**Frequent Urination !**

# Job Stressors

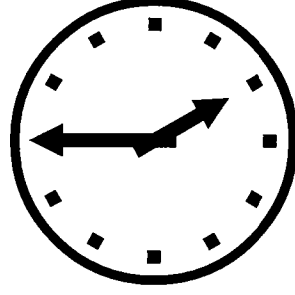


 **Shift Work**

 **Long Hours**

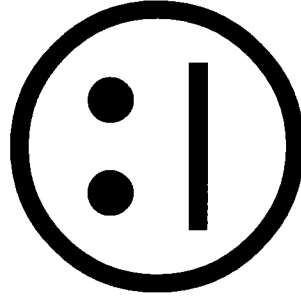
 **Work Overload**

 **Rotating Shifts**



# Job Stressors

☹ Boredom

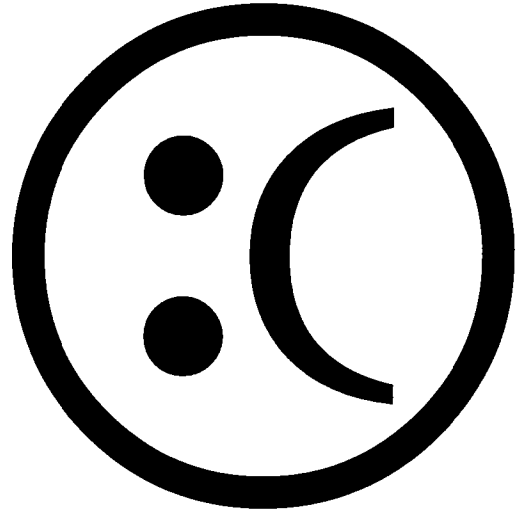


☹ Physical Exhaustion

☹ Not In Control

☹ Changes

☹ Mistakes



# How to Cope with Stress on the Job

Concentrate

Failure

Complain

Limits

Live the day

Legal

Listen

Write it down

# Practice Being

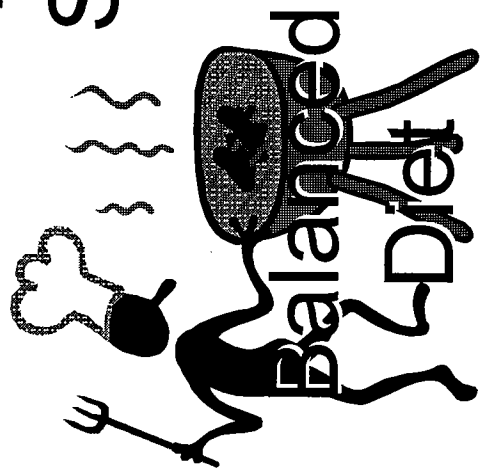
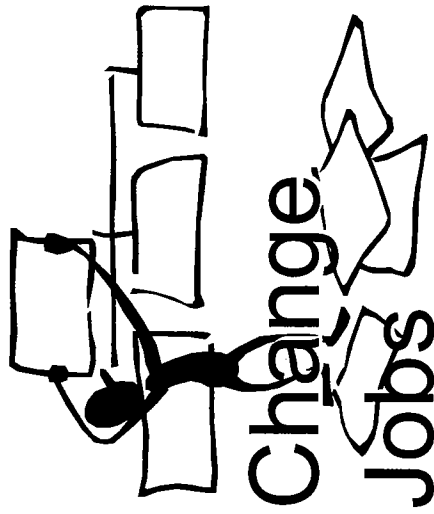
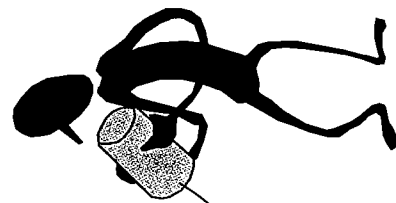
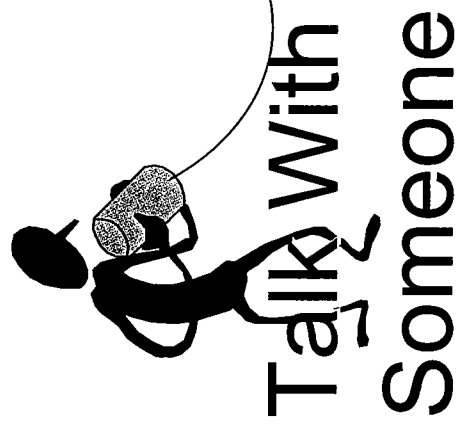
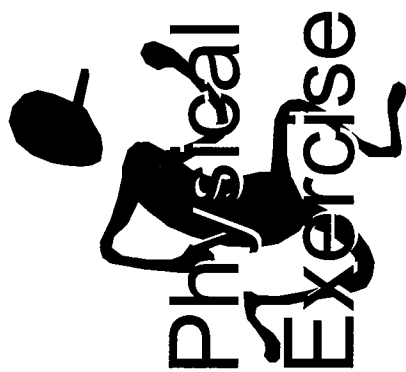






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# How to Cope with Stress



**STRESS**

**MANAGEMENT**

**Summary**

