

## Top 10 New Parent Pointers

Recognize you are not alone	Postpone major decisions
Don't feel guilty	Try to sleep when you can
Accept help	Let some things go
Childcare	<b>Take only the advice you value</b>
<b>Make your health a priority</b>	Get assistance
Parenting is one of life's most rewarding experiences, but it isn't easy. If you're having a rough time, it's not about you or something you are doing wrong- getting help from others helps to keep a handle on your stress.	Don't feel guilty if you do feel stress and do not torment yourself for not feeling wonderful 100% of the time. Accept that stress is part of parenting and you are not a bad parent if you admit to being stressed or overwhelmed.
Learn to accept help for child care and household chores. If you are single parenting, take your family and friends up on their offers to help out or sit with child while you get outdoors for an hour.	Have a family care plan so that a person can be available to take care of your child with little notice and in cases of deployment. Refer to services offered thru Child and Youth Services Programs. Give yourself permission to take care of yourself. Recognize that you cannot be an effective parent if you are sick or stressed out. Give yourself time to rest and relax when your child does. Being physically exhausted isn't going to help you manage stress/adjust. As with any life transition, realize that this may not be the best time to make critical decisions concerning your career, future family planning, or other significant issues. Give yourself time.
Sexual Assault Prevention and Response Program (SAPRP)	Let some things go and learn to say "NO"! Take 10 minutes at the beginning of every day to make a "To Do" list and prioritize it. As a new parent, you're bound to hear advice from everyone. Decide what is important for you and whose advice you truly value.

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Air Force OneSource	1-800-707-5784	www.airforceonesource.com login: airforce password: ready
Army OneSource	1-800-464-8107	www.armyonesource.com login: army password: onresource
TRICARE WEST (our Regional call center for services)	1-888-874-9378	TRICARE Claims P.O. Box 77028 Madison, WI 93707
California Vet Center	State locator toll free: 1-866-747-VETS	http://www.va.gov/pts
Department of Veterans Affairs	VA Benefits: 1-800-827-1000 Health Benefits 1-877-222-8387	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
Army Pay - Contact first	1-877-276-4729	web: http://www.dfas.mil/money/milpay/ email: amg-milpay@amg-fsc.ngb.army.mil
Female Health Peer-to-Peer		http://www.wmrc.army.mil/education/pat.edu/womenHealth/ Email: JI@calngb.army.mil http://www.calguard.ca.gov/j1/PeerSupport/peer /www.calguard.ca.gov/j1/PeerSupport/peer

## Stress Tips for Women

Practice reducing stress through your positive mental attitude:

### Positive Mental Strategies

- As we begin to address coping techniques, let's look first at positive mental strategies:
  - Look on the bright side
  - Confront the situation
  - Active problem solving
  - Try to think rationally – see each situation as an opportunity for growth and improvement
  - Develop a realistic attitude – be alert to the traps of "I have to," "I must," or "I can't."
  - Be assertive but not aggressive
  - Positive self-talk – remember that you are the one in control of what you think!
  - Humor, laughter, is another great mental strategy to cope with stress.
  - Read jokes or listen to a funny disc jockey.

### Learn to Relax!

Relaxation is a learned skill in itself and is one way to remain calm!

- Listen to music
- Prayer
- Meditation (ex., yoga)
- Guided imagery (use of pleasant or relaxing images to relax the mind and body)
- Day dreaming
- Deep breathing exercises
- Progressive relaxation ( muscle groups are tightened and then relaxed from head to toe)

### Physical Coping Strategies

- Get regular exercise – at least 30 minutes of moderate exercise each day is suggested and can be accumulated throughout the whole day.
  - Eat right – plenty of fruits and vegetables, foods high in Vitamin C, B, A, and E protect against the effects of stress. Avoid of caffeine, alcohol, refined sugars, starches and junk food
  - Get proper rest and sleep – 7 to 8 hours of sleep at least 3 or 4 times a week
  - Take mini-breaks during the day: get up and take a walk every hour. Go out for lunch, read a page or two of a good book, chat with a friend, drink decaffeinated herbal tea (peppermint /chamomile) or water. Do seated stretches to relax tense muscles

# Women Working With Stress

## Tips for Women Working in/with the California National Guard



Joint Staff Division  
California National Guard  
<http://www.calguard.ca.gov>  
Current as of Mar 06

## Stress Basics For Women

What is stress? Stress is a physical and psychological reaction to a situation that places pressure on an individual.

### The impact of stress can be positive

Stressor: Any life event which requires the person to adjust or adapt in some way. Stressors even be positive events—like having a new baby (although positive, it requires women to make adjustments and changes to established routines).

Eustress (positive stress) – gives us the push we need to:

- Succeed more
- Accomplish more
- Be productive
- Foster growth
- Meet set goals

### The Impact of stress can also be negative

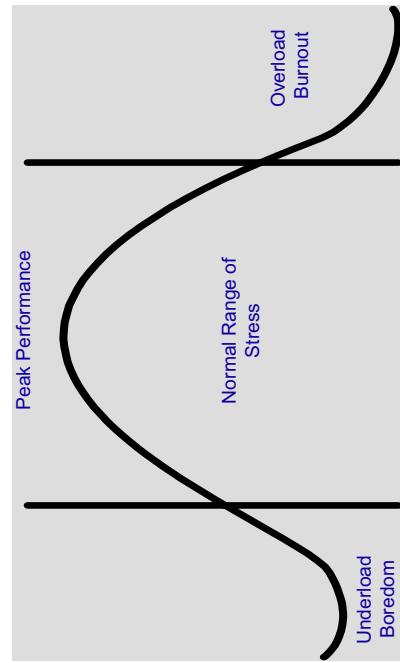
In ancient times, the stress response occurred only a few times a week. Today, it occurs hundreds of times a day. This elevated frequency of stressors leads to chronically elevated stress levels for many people. When stress is not dealt with in a healthy manner, it can be destructive to our lives and result in:

- Reduce productivity
- Ineffective performance
- Strained relationships
- Physical illness (colds, ulcers, asthma, fatigue)
- Mental disturbances
- Trouble sleeping



## Know Your Optimum Stress Level

Determining your optimal stress level will ensure peak performance and decrease negative outcomes:



## Recognizing Distress

How do you recognize distress? What does your body and mind do to send signals to let you know?

- **Physical** - Kick or throw something, sleep, shop, cry, swear or yell, pace the floor, lash out at others, tension headaches, back or neck aches, fatigue, bite fingernails, insomnia, foot-tapping or finger-drumming, digestive upsets, breathing changes, teeth grinding, jaw clenching, feel hot, sweating, heart races
- **Emotional** – frustration, anxiety, loss of interest, irritable, crying spells, overly sensitive, feel burned out, low morale, apathy, forgetfulness, negative thinking, boredom, indecisive, poor self-esteem, cynical or hostile attitude
- **Social** – accident prone, temper outbursts, impulsivity, withdraw socially, self-centeredness, intolerance, disorganized, over or under eating

### Common Reactions To Stress

The physiological “flight or fight” reaction of the body:  
Sleep disturbances Increased or decreased appetite  
Increased muscle tension Headaches  
Muscle ache and tension Generalized body fatigue  
Exaggerated Startle Response Increased Irritability  
Restlessness Gastrointestinal Difficulties  
Significant Mood Changes Increased Blood Pressure  
Frequent Urination

Below are California National Guard resources and contacts

California National Guard Help Card Current: 13 Mar 06 <a href="http://www.calguard.ca.gov">www.calguard.ca.gov</a> 1-916-854-3000			
Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil	www.calguard.ca.gov/csc	
Employer Support of the Guard and Reserve (ESGR)	1-916-854-3106 Jerold.julin@ca.ngb.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563	
California Operation Ready Families	(800)449-9662 (916)854-3252 DSN: 466-3252	http://www.calguard.ca.gov/readyfamilies	9800 Goethe Road P.O. Box 289101 Sacramento, CA 95826-9101
California National Guard - Chaplain	24 hour pager: 1-888-939-1754 (leave number) 916-884-3398	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
Air Force Pay-Contact unit first	1-800-346-3374	http://www.dfas.mil/money/milpay/ email: CCL-AIRFORCER@ca.ngb.army.mil	

**These are not effective coping skills:** Smoking, excessive drinking, drug abuse, overeating, driving too fast, avoiding problem area, withdrawing from people, procrastinating, fighting/arguing, talking too much

All materials from U.S. Army Center For Health Promotion and Preventive Medicine: <http://chppm-www.apgea.army.mil> (MAJ Karlotta Richards, Ph.D., Clinical Psychologist, LTC Teresa Hall), adapted by Maj Pangelinan, CA NG

For updates to this card email: [CombatStressControl@ca.ngb.army.mil](mailto:CombatStressControl@ca.ngb.army.mil)