

Stress Program

We all experience stress, but sometimes it can become too much. If stress is having a negative effect on your life, there are things you can do to make your life less stressful, and more enjoyable.

My Military Health offers a digital therapy program. It can help you to feel better by learning new ways of thinking. By taking the Stress program, you will learn to manage your stress and find balance in your life.



Knowledge and understanding

You will learn about the causes of stress. You will discover the connection between your emotions, thoughts, physical sensations, and actions. Using the tools provided by the program, you can start to untangle the issues that are affecting how you are feeling.



Skills and strategies

You will learn to tune in to your emotions and physical feelings so you can start to spot patterns and triggers related to your stress. As you move through the program, you will learn problem solving and time management techniques, which you can use every day to help manage your stress levels.



Forging ahead

By the end of the program, you will learn how to manage your stress in a more balanced way. You'll make a plan to continue your progress and stay well.

Is this program for me?

This program can help you learn how to manage stress if you're feeling overwhelmed. You can access the Stress program on your phone, computer or tablet – wherever and whenever you need it. There are seven modules to work through at your own pace. For most people it takes about eight weeks.

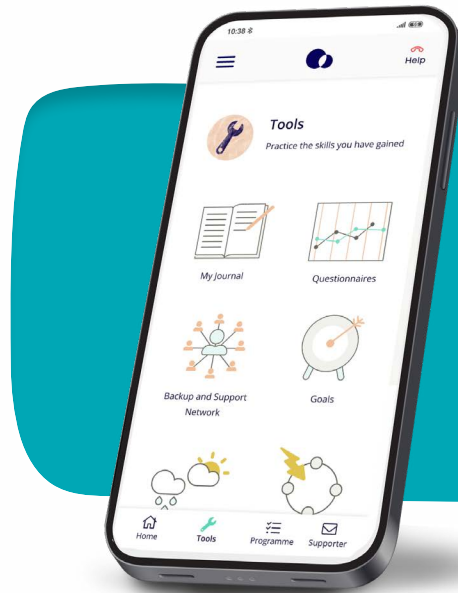
There may be days when you don't feel like using your program – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

Cognitive behavioral therapy

This program is based on cognitive behavioral therapy (CBT). CBT is an effective treatment for stress. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.

Program modules

- **Overview of Stress** – First start thinking about what causes you to feel stressed and how stress is impacting your life.
- **Coping with Stress** – Learn to deal with stress and find better balance in your life.
- **Taking Action** – Identify what you can change to help you manage stress better.
- **De-Stressing Thoughts** – Find out about the role your thoughts play in causing stress.
- **Lifestyle Choices** – Learn how exercise, diet, and sleep can impact stress levels for better or worse.
- **Communication and Relationships** – Build and maintain positive and stress-free relationships.
- **Moving Forward** – Make a plan to stay on top of stress in the future and keep moving towards your life goals.



“I was missing the bigger picture, but now things seem so much more manageable.”

- Melanie, program user

Tools and activities

The Stress program contains many helpful tools and activities including:

- **Personal Stories** – You are not alone. Find out how other people experience stress and what they have learned about managing it.
- **Quizzes** – Test your knowledge about stress and learn the factors that influence it.
- **Mindfulness Exercises** – Take a moment to slow down and find peace with our relaxation podcasts.
- **Personal Journal** – Journaling can help you clarify your thoughts and feelings, reduce stress, and solve problems.
- **Life Areas** – Achieve balance in your life by mapping what matters to you.
- **Mood Monitor** – Track your moods. See how your lifestyle choices impact these moods.

For technical assistance, contact the My Military Health Help Desk:
844-DIAL-MMH (844-342-5664) dhasupport.mymilitary@health.mil

