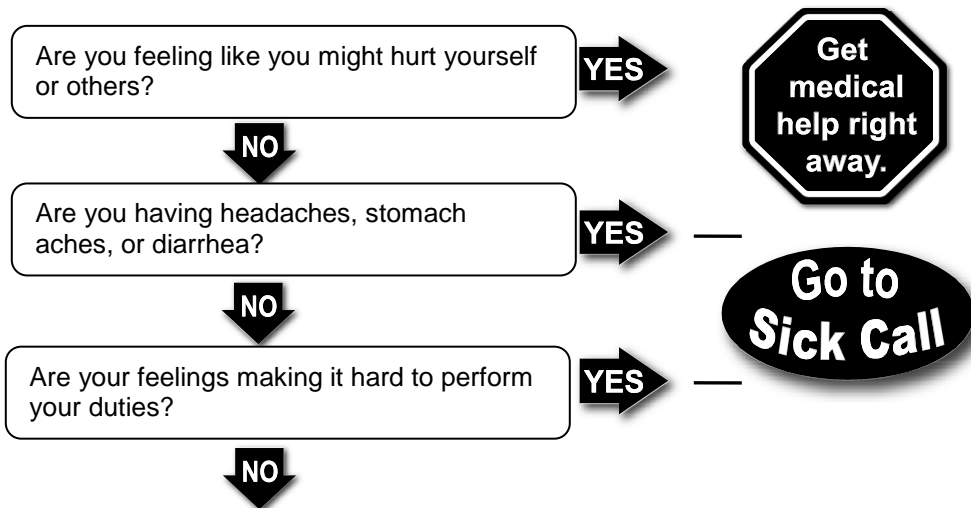


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

Self-care Instructions for Depression, Stress, or Anxiety

Depression is feeling very sad or hopeless. Anxiety is feeling very worried all the time. Stress is feeling pressure to do more than you can cope with. Depression, stress, and anxiety can cause you to feel tired, confused, guilty, or worthless. Depression, stress, or anxiety can cause problems at home or at work. They can even cause physical symptoms such as headache, stomach ache, or diarrhea. If you feel depressed, stressed, or anxious, use this symptom evaluation chart.



Use self-care measures:

Stay Healthy

- Get enough sleep – eight hours a night is good for most people.
- Eat a healthy, well-balanced diet.
- Drink at least eight cups of water a day.
- Stay physically active.

Learn to Relax

- Learn to relax or meditate. For some this might be praying.
- Take a stress or anger management class.
- Read a good book or do some other hobby to get your mind off of things.
- Work it out - go into work (a temporary but sometimes useful way to cope).

Talk to Someone

Find a “running buddy” – someone in a similar situation that you can talk to. This person could be a co-worker, someone from a different unit, a supervisor you admire, a civilian – anyone you feel comfortable with who is dealing with similar stress or anger. Together, you can work on goals to make your situation better. Talk to someone about your problems: Spouse, family member, friend, or any of the mental health professionals on post such as:

- Counselors, including alcohol and drug counselors
- Social workers
- Psychologists
- Psychiatrists
- Chaplains and spiritual advisors
- Community health nurses
- Doctors and health care workers

If you are feeling like you might hurt yourself or others, seek professional help right away.