

~ATTENTION Y'ALL~

WE'RE ALL IN THIS TOGETHER... ARMY STRONG

~STAGES OF COPING~

Seeking help is
a sign of strength

CHOOSE TO THRIVE

ASK ~ RECEIVE ~ SHARE

Crisis Hotline: 287-CHAP
Deployment Stress Care Line: 535-4497

SURVIVE

Hanging in There

BURN IN

Holding in Feelings

BURN OUT

Losing Ability to Care

BURN UP

Losing Control of Life

YOU CAN ALWAYS CHOOSE TO THRIVE!



FORT HOOD, TEXAS



STAGES OF COPING

	THRIVE	SURVIVE	BURN IN	BURN OUT	BURN UP
Thoughts	<ul style="list-style-type: none"> •positive •goal oriented 	<ul style="list-style-type: none"> •short-term focus •routine 	<ul style="list-style-type: none"> •repetitive •scattered 	<ul style="list-style-type: none"> •negative •detached 	<ul style="list-style-type: none"> •irrational •hateful
Feelings	<ul style="list-style-type: none"> •gratitude •hope 	<ul style="list-style-type: none"> •numb •limited 	<ul style="list-style-type: none"> •frustration •resentment 	<ul style="list-style-type: none"> •lonely •afraid 	<ul style="list-style-type: none"> •rage •hopeless
Behavior	<ul style="list-style-type: none"> •focused •balanced 	<ul style="list-style-type: none"> •responsible •functional 	<ul style="list-style-type: none"> •lashing out •impatient 	<ul style="list-style-type: none"> •isolated •unproductive 	<ul style="list-style-type: none"> •erratic •unstable
Health Effects	<ul style="list-style-type: none"> •energetic •healthy 	<ul style="list-style-type: none"> •fatigued •self-neglect 	<ul style="list-style-type: none"> •hypertension •headaches 	<ul style="list-style-type: none"> •exhaustion •depression 	<ul style="list-style-type: none"> •breakdown •catastrophic

Ask ~ Receive ~ Share

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