

### Army Mentorship Program

- LINK TO [http://myarmybenefits.us.army.mil/Mentorship\\_Program.html](http://myarmybenefits.us.army.mil/Mentorship_Program.html)

### Navy Mentorship Program

- LINK TO <http://www.public.navy.mil/bupers-npc/Mentoring>

### Air Force Mentorship Guidance/Information

- LINK TO <http://www.au.af.mil/au/awc/awcgate/awc-prof.htm>

### USMC Mentorship Guidance/Information

- LINK TO <http://www.marines.mil/mentorship>
- [http://www.youtube.com/watch?v=45yT\\_mnHFpM&feature=relmfu](http://www.youtube.com/watch?v=45yT_mnHFpM&feature=relmfu)

### Remember the ABCs Theory of Emotional Arousal (Albert Ellis)

- Activating event
- Beliefs
- Consequences

How we react to a situation may increase our stress or reduce it. What we often overlook is that we make that choice. We have control over our reaction. This idea is the basis of the ABC Theory of Emotional Arousal.

A + B = C defined

- “A” is the **activating event**, the stressor or the situation, in this case, transition. It is neutral, neither good nor bad.
- “B” is our **beliefs** or "self-talk" about that stressor.
- “C” is the resulting **consequence** of the event plus our thoughts or beliefs about it. In this case, the frequency, intensity, and length of time we spend stressed over transition!

Note: As with any mathematical equation, you cannot go from A to C. C is not the result of A alone. You cannot get to C without “going through” B. Often we experience B so automatically that we aren’t even aware of it, but it does occur and has a significant impact on our response. If you want to change a response or consequence, change the beliefs or self-talk and you can generate a different outcome.

## **Examples of different types of stress.**

### **Physical**

Increased breathing rate  
Increased heart rate  
Increased blood pressure.  
Muscle tension  
Decreasing skin temperature in extremities  
Release of “stress” hormones (adrenaline).  
Headaches  
Insomnia  
Indigestion, heartburn, other digestive issues

### **Behavioral**

Lack of enthusiasm for children, family, work  
Withdrawal from people/activities  
Poor diet  
Skip workouts  
Change in sleeping patterns  
All night video games/TV  
Arguing, yelling, interpersonal conflicts  
Increase use of tobacco, alcohol, and/or drugs  
Aggressive movements/pacing  
Throwing/breaking things

### **Cognitive**

Poor problem solving  
Increased/decreased awareness of surroundings  
Poor attention/decisions  
Poor concentration/memory  
Negative self talk  
“Why me?”  
“Oh no...this is...”  
“I can’t take this”  
“Really?”

### **Emotional**

Anxious  
Overwhelmed  
Afraid  
Uncertain  
Angry  
Isolated  
Incompetent

Agencies that may be able to provide assistance:

1. Military One Source [www.militaryonesource.com](http://www.militaryonesource.com)
2. Chaplain
3. Base Legal
4. Veterans Administration [www.va.gov](http://www.va.gov)
5. Medical Treatment Facilities
6. Military Family Network
7. National Resource Directory
8. Airman & Family Readiness Center
9. Local Veterans Center
10. Substance Abuse Counselor
11. A Mentor