



## MANAGE YOUR STRESS “ONLINE”

Navy Environmental Health Center (NEHC) Portsmouth launched a Web-based tool in June known as the Navy Systematic Stress Management Program, to assist active-duty Sailors and Marines and their families in managing stress.

This program is the latest innovation in NEHC's health promotion community health awareness campaign, offering strategies for prevention, management and early intervention for stress.

The intent of the program is to enable any user access to a stress management tool regardless of location.

Equally important is the fact that the Navy Systematic Stress Management Program supports healthcare providers, supervisors, or anyone else involved in stress management intervention, as well as individuals using the program as a “self-help” tool. In short, anyone (including family members or retirees) looking for stress management assistance can use this tool if they have access to a personal computer.

For more information on dealing with stress, visit the Navy Systematic Stress Management Program homepage available on the Navy Environmental Health Center Web site at [www-nehc.med.navy.mil/hp/stress/index.htm](http://www-nehc.med.navy.mil/hp/stress/index.htm).



