Deployment and Operational Stress Checklist

Warning Indicators:

1. Persistent stress that is interfering with your daily life
2. Unusual or sudden changes in behavior
3. Loss of interest in work and normal activities
4. Neglecting responsibilities
5. Social isolation or withdrawal from friends/family
6. Depression, anxiety, agitation, or nightmares
7. Escalating alcohol use
8. Feelings of worthlessness or hopelessness
9. Thoughts about suicide

What to do:

- Feeling stressed is the NORMAL reaction to traumatic events
- If the stress interferes with your life, help is available and effective

Where to go for help:

- Family, friends, supervisors, first sergeants, and commanders
- Chaplains, Airman and Family Readiness Center, Mental Health Clinic