

SWE EPME study guide,Questions And Answers. Latest Updated 2024.Guaranteed Success.. Download for Guaranteed Success!!

What are stressors? - ✓✓✓ Stressors: the causes of stress, (transfers, deadlines, etc.)

What term is defined as a stress management tool used to measure a persons personal stress load? -

✓✓✓ Stress map: a stress management tool used to measure a persons personal stress load.

Stress is defined within the Coast Guard stress management program as: - ✓✓✓✓The nonspecific response of the body to any demands placed upon it, or what you feel after you encounter a stressor.

The services provided by the _____ are available for professional assistance with stress management. -

✓✓✓Employee Assistance Program Coordinator (EAPC)

Which stress management, awareness and skills training for Munson understanding of stress, awareness of support resources and provides practical stress. Navigation tools to build resilience of sailors, families, and commands? - ✓✓✓Operational stress control

[illegible]

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Mkc Epme Study Guide

M Walker



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