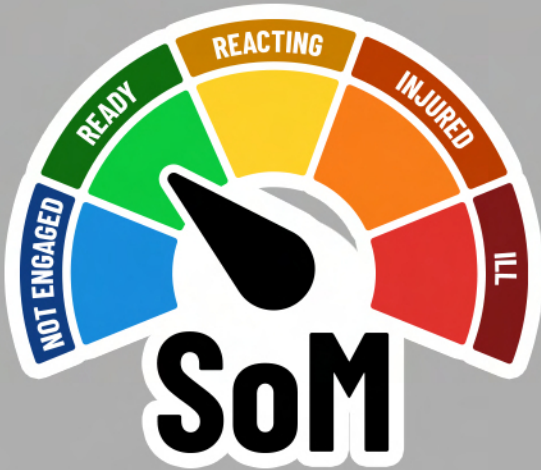


Stress-o-Meter (SoM)



What is the SoM?

The Stress-o-Meter (SoM) is a web-based resource tool providing an anonymous real-time snapshot of a command's personnel perceived stress temperature.

Objective

To support fundamental principles of early recognition, peer intervention, and connection to services to assist Sailors with operational and occupational demands of the job.

Key Considerations

Customizable.

Does not require software or IT assistance.

Teams must solicit command participation.

Requires CAC and internet connectivity.

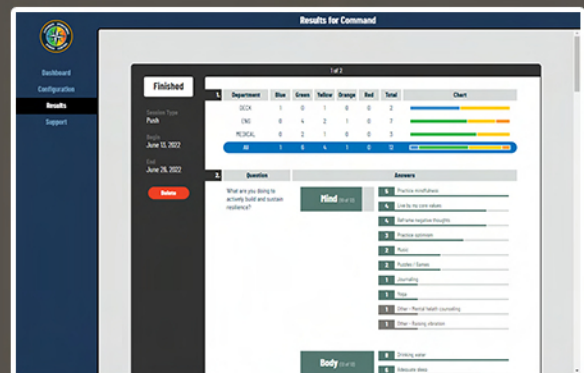
Data is stored safely on BUMED servers.

How does it work?



Using the Stress Continuum, Sailors are asked 7 questions about stress that can be completed in minutes.

- 1 Rate your level of stress over the last week?
- 2 What are you doing to actively build and sustain resilience?
- 3 What can leadership do to build and sustain your resilience?
- 4 What are your main source(s) of stress?
- 5 What encourages you to seek help when you are having problems managing stress?
- 6 What prevents you from seeking help when you are having problems managing stress?
- 7 What department are you assigned to?



Results are automatically tallied and are available immediately.