

Military Family Stress Signals: Early Warning System

Recognizing overwhelm before crisis hits

Mindmental — Support without shame

Key Messages

- Recognizing stress early is strength, not weakness.
- Your family's stress signals are unique and valid.
- Military families face additional layers of stress — it's okay to name that reality.
- Prevention is more effective than crisis management.

Section 1: Family Stress Indicators Checklist

Check what applies and rate frequency.

Category	Stress Indicator	Never	Sometimes	Often	Always
Physical	Fatigue/exhaustion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Headaches or body tension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sleep disruption	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Stomach issues or appetite changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional	Irritability or short fuse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Feeling numb or disconnected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Overwhelm or shutdown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Explosive anger or outbursts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behavioral	Withdrawing/isolating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Increased arguments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Avoiding responsibilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Neglecting self-care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family System	More frequent conflicts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Avoiding difficult conversations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Walking on eggshells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Feeling disconnected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 2: Military-Specific Stressors

- Deployment or reintegration stress
- PCS moves or relocation pressure
- Conflicts between mission demands & family needs
- Difficulty accessing services on/off base
- Spouse employment disruption
- Distance from extended family
- Unpredictable schedules or last-minute changes
- Housing concerns

Section 3: Neurodivergent Family Amplifiers

- IEP/504 plan challenges
- Scheduling therapy/medical appointments
- Sensory overwhelm
- Explaining accommodations
- Difficulty finding providers
- Insurance or authorization barriers
- Burnout from constant advocacy

Section 4: Your Family's Early Warning System

Write your unique stress signals below:

Section 5: Action Planning

When I notice , I will .

Emergency Contacts

Contact 1:

Contact 2:

Contact 3:

Crisis Resources

988 Lifeline • Military OneSource 800-342-9647

This worksheet does not replace professional help.