Resources

Grow the Green:

Web search terms:

Mindfulness

Positive Practices

Appreciative Inquiry

Yellow Zone (Return to Green)

Web search terms:

Deep breathing

Meditation

Biofeedback

Orange Zone

Stress First Aid

Source:

- Maritime Combat Operational Stress Control Doctrine (MCRP 6-11/NTTP 1-15)
- Combat and Operational Stress First Aid Training Manual (2010)
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STRESS FIRST AID



PEER SUPPORT ASSESSMENT AND ACTIONS



Stress First Aid (**SFA**) is a combination of knowledge and skills designed to save a life, prevent further harm, and promote recovery for those who have stress injuries.

All forms of first aid have three actions:

- 1. **Recognize** when an injury is present.
- 2. Assess and provide needed first aid.
- 3. Get the person to **additional help** as needed.

Stress impacts people across stress zones that range from effective stress management (green), through reacting (yellow), injured (orange), and ill (red). Everyone reacts to stress in some way and most people do not need first aid for daily stressors.

Orange zone stress injuries are identified by decreased ability to navigate daily life (loss of function), statements of distress, or exposure to a major life event and the need for first aid assessment or actions.

Stress injuries can occur with exposure to potentially injurious events of trauma, loss, inner conflict, or fatigue. Distress or loss of function occurs when stress events create more demands on coping resources that are available.

Stress first aid has three main actions:

- 1. **Continuous Aid**: (Recognize & Assess) Check and Coordinate
- 2. **Primary Aid**: (Act to provide first aid) Cover and Calm
- 3. **Secondary Aid**: (More sources of help) Connect, Competence, Confidence

STRESS FIRST AID ACTIONS

SFA actions are needed when there are observable changes in function, statements of distress, or known stress exposure. There are three knowledge elements.

- 1. Understand that stress occurs on a continuum and be aware of the four sources of stress injuries present in the current situation.
- 2. Assess. Do not assume that the person has a stress injury. Identify behaviors that indicate a stress injury.
- 3. Address essential needs. Safety and calming first. Then identify additional sources of support.

READY REACTING INJURED ILL **Four Sources of Stress Injury** Good to go Distress or More severe or Stress injuries Life Threat or Trauma: Due to an experience of Well trained impairment persistent that don't heal Prepared Mild and distress or death provoking terror, horror, or helplessness without help Fit and transient impairment **Loss** Due to the loss of cherished people, things, or parts Symptoms and focused Anxious. Leaves lasting impairment Cohesive units irritable, or of oneself memories. persist over & ready sad reactions, and many weeks or **Inner Conflict** Due to behaviors or the witnessing of families Behavior expectations get worse over behaviors that violate deeply held beliefs or moral values change Fatigue Accumulation of stress from all sources over Individual, Peer, Familytime without sufficient rest and recovery

Recognition

Check:

- Loss of function
- Statements of distress
- Exposure to trauma, life threat, major event

Coordinate:

- Obtain other needed sources of help or care
- Inform those who need to know

OSCAR Stress Assessment

Observe: Actively observe behaviors; look for patterns.

State Observations: All attention to the behaviors; just the facts without interpretations or judgments.

Clarify Role: State why you are concerned about the behavior. Validates why you are addressing the issue.

Ask Why: Seek clarification; try to understand the other person's perception of the behaviors.

Respond: Clarify concern if indicated. Discuss desired behaviors. State options in behavioral terms.

Address Essential Needs

Cover: Promote a Sense of Safety

Calm: Reduced heart rate and over-vigilance **Connectedness**: Sense of community, support

Competence: Necessary skills and resources to meet the stress demands

Confidence: Hope in the future, sense of meaning and

purpose

