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 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.

Four Sources of Stress Injury

**Life Threat or Trauma:** Due to an experience of death provoking terror, horror, or helplessness

**Loss** Due to the loss of cherished people, things, or parts of oneself

**Inner Conflict** Due to behaviors or the witnessing of behaviors that violate deeply held beliefs or moral values

**Fatigue** Accumulation of stress from all sources over time 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

**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

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.