

## 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.

