

## Checklist for Preserving Resources to Mitigate Stress

Resource Category		Stressors to Attack	How to Attack These Stressors	How to Replenish This Resource
<b>Physical</b>	<input type="checkbox"/> <b>Health and Wellbeing</b>	<input type="checkbox"/> Sleep deprivation <input type="checkbox"/> Overexposure to harsh weather <input type="checkbox"/> Injuries <input type="checkbox"/> Illnesses	<input type="checkbox"/> Sleep discipline <input type="checkbox"/> Protective equipment <input type="checkbox"/> Safety precautions <input type="checkbox"/> Monitor health and well being	<input type="checkbox"/> Rest and down time <input type="checkbox"/> Physical fitness <input type="checkbox"/> Training in hygiene and self care <input type="checkbox"/> Attend to quality of life everywhere
	<input type="checkbox"/> <b>Personal Space &amp; Possessions</b>	<input type="checkbox"/> Loss of income <input type="checkbox"/> Family breakups <input type="checkbox"/> Loss of personal space	<input type="checkbox"/> Help SMs/FMs plan for losses of income <input type="checkbox"/> Inform SMs about deployment schedule <input type="checkbox"/> Protect personal possessions & space	<input type="checkbox"/> Support families throughout deployments <input type="checkbox"/> Allow time & communication with family <input type="checkbox"/> Allow time for moonlighting if warranted
<b>Mental &amp; Emotional</b>	<input type="checkbox"/> <b>Safety and Security</b>	<input type="checkbox"/> Life threat situations <input type="checkbox"/> Handling bodies and body parts <input type="checkbox"/> Unexpected attacks <input type="checkbox"/> Being in passive or helpless positions	<input type="checkbox"/> Minimize close-up experience of death <input type="checkbox"/> After-action reviews to restore confidence <input type="checkbox"/> Prepare for the unexpected <input type="checkbox"/> Enhance physical safety and security	<input type="checkbox"/> Model courage during life threat <input type="checkbox"/> Maintain unit cohesion as a fear antidote <input type="checkbox"/> Train and retrain to increase confidence <input type="checkbox"/> Keep SMs & FMs active, not passive
	<input type="checkbox"/> <b>Morale</b>	<input type="checkbox"/> Prolonged or repeated deployments <input type="checkbox"/> Abusive or inconsistent leadership <input type="checkbox"/> Boredom, lack of accomplishment <input type="checkbox"/> Not enough information getting to SMs	<input type="checkbox"/> Get SMs home as soon as possible <input type="checkbox"/> Be honest about schedule changes <input type="checkbox"/> Listen to your Sailors, Marines and FMs <input type="checkbox"/> Set & achieve realistic goals continuously	<input type="checkbox"/> Vary routines and assignments <input type="checkbox"/> Rejuvenate unit activities <input type="checkbox"/> Explain meaning and value of mission <input type="checkbox"/> Reward accomplishments
	<input type="checkbox"/> <b>Pride and Self Esteem</b>	<input type="checkbox"/> Failures or mistakes <input type="checkbox"/> Excessive self blame (e.g. guilt) <input type="checkbox"/> Scapegoating or social shunning	<input type="checkbox"/> Mentor correction of mistakes with humor <input type="checkbox"/> Anticipate and limit self lame <input type="checkbox"/> Mentor misfits fully into or out of unit	<input type="checkbox"/> Reward individual and unit achievements <input type="checkbox"/> Share praise and blame appropriately <input type="checkbox"/> Match responsibilities to abilities
<b>Social</b>	<input type="checkbox"/> <b>Peer Support</b>	<input type="checkbox"/> UMs joining late or leaving early <input type="checkbox"/> Leadership turnover <input type="checkbox"/> Ethical violations by UMs <input type="checkbox"/> Hazing by peers or abuse by leaders	<input type="checkbox"/> Keep UMs who transfer out part of unit <input type="checkbox"/> Ensure leadership continuity <input type="checkbox"/> Enforce ethics and Law of War <input type="checkbox"/> Zero tolerance for hazing or abuse	<input type="checkbox"/> Vertical & horizontal communications <input type="checkbox"/> Consistency of leadership <input type="checkbox"/> Shared adversity and sacrifices <input type="checkbox"/> Shared achievements and victories
	<input type="checkbox"/> <b>Family Support</b>	<input type="checkbox"/> Irresolvable family conflicts <input type="checkbox"/> Family or relationship breakups <input type="checkbox"/> Injuries or illnesses in FMs	<input type="checkbox"/> Solve FM problems before deployments <input type="checkbox"/> Teach coping & communication skills <input type="checkbox"/> Train FMs to recognize stress injuries	<input type="checkbox"/> Treat FMs like important part of the unit <input type="checkbox"/> Support families throughout deployments <input type="checkbox"/> Keep communication lines open
<b>Spiritual</b>	<input type="checkbox"/> <b>Meaning and Trust in Values</b>	<input type="checkbox"/> Ethical violations that go unaddressed <input type="checkbox"/> Not adequately honoring the fallen <input type="checkbox"/> Events that violate logical expectations <input type="checkbox"/> Leader failing to correct own mistakes	<input type="checkbox"/> Teach and model moral courage <input type="checkbox"/> Live by Core Values <input type="checkbox"/> Memorials and ceremonies to honor dead <input type="checkbox"/> After-action reviews to restore meaning	<input type="checkbox"/> Vertical & horizontal communications <input type="checkbox"/> Include ethics in all training <input type="checkbox"/> Ensure commitment goes both ways <input type="checkbox"/> Keep Core Values in sight
	<input type="checkbox"/> <b>Faith</b>	<input type="checkbox"/> Events that contradict beliefs <input type="checkbox"/> Betrayals of trust by leaders or peers <input type="checkbox"/> Moral dilemmas	<input type="checkbox"/> Restore trust and belief in "goodness" <input type="checkbox"/> Model compassion and forgiveness <input type="checkbox"/> Mentor resolution of moral dilemmas	<input type="checkbox"/> Encourage spirituality and religion in unit <input type="checkbox"/> Model faith and spirituality <input type="checkbox"/> Encourage tolerance for faith spectrum