

Operational Stress Control (OSC) Awareness Brief





Operational Stress Control A Different Approach for....



...A Different Navy: More Missions, More Varied, More Demanding



Overview and Purpose

- Define key concepts
- Introduce the Stress Continuum Model
- Identify common sources of stress
- Describe ways Sailors, commands, and families can build resilience
- Describe ways to recognize stress reactions, stress injuries, and stress illnesses
- Identify actions for managing stress reactions and injuries and getting help for stress illnesses



What Is "Stress"?

- The process by which we respond to challenges to the body or mind.





Sources of Operational Stress





Stress Continuum Model



READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and focused • Cohesive units & ready families 	<ul style="list-style-type: none"> • Distress or impairment • Mild and temporary • Anxious, irritable, or sad • Physical or behavioral changes 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • May leave lasting memories, reactions, and expectations 	<ul style="list-style-type: none"> • Stress injuries that don't heal without help • Symptoms persist for >60 days, get worse, or initially get better and then return worse

Unit Leader Responsibility	Individual, Shipmate, Family Responsibility	Caregiver Responsibility
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Healthy: The Ready Green Zone

READY Sailors

- Calm and steady
- Confident and competent
- Getting the job done
- Sense of humor
- Sleeping enough
- Eating the right amount
- Working out, staying fit
- Playing well and often
- Active socially
- Being at peace with oneself
- Healthy spirituality





Healthy: The Ready Green Zone

READY Commands

- Well-trained and qualified
- Positive command climate
- High morale
- Strong cohesion
- Good maintenance
- Good order and discipline
- Deglamorization of alcohol
- Attention to detail
- Clear sense of mission





Healthy: The Ready Green Zone

READY Families

- Active parenting
- Engaged in family routines and activities
- Children functioning well at home and in school
- Family members feel secure
- Regular family routines
- Clean organized home
- Good communication between all family members
- Couple interacting well





Healthy: *“Staying Green” (Ready)*

STAYING READY

- Stay fit and eat right
- Get adequate rest
- Push to your personal best in training
- Foster unit morale and cohesion
- Use alcohol in moderation
- Know own limits
- Practice personal integrity, courage, and commitment
- Build strong marital, family, and social relationships
- Resolve conflicts effectively
- Strengthen yourself
- Compartmentalize stress, when necessary





What is a “Stress Reaction”?

“STRESS REACTION”

- Temporary, mild physical or mental distress





Recognizing Stress: The Yellow Reacting Zone



REACTING

- Feeling anxious, irritable, worrying
- Cutting corners on the job
- Grouchy, mean, or short-tempered
- Trouble sleeping
- Eating too much or too little
- Apathy, loss of interest
- Keeping to oneself
- Negative, pessimistic



Recognizing Stress: The Yellow Reacting Zone

REACTING COMMANDS

- Falling morale, split groups
- Deferred maintenance
- Minor discipline problems
- Increased alcohol incidents
- Reduced attention to detail

REACTING FAMILIES

- **Children acting out**
- **Children having trouble in school**
- **Couple not communicating effectively, arguing**
- **Family time compromised**
- **Dropping routines**
- **Increased clutter and disorder**
- **Reduced intimacy**
- **Increasing financial difficulties**



The Yellow Reacting Zone

WHAT TO DO

- Get more sleep and rest
- Work out regularly, eat right, stay hydrated
- Spend time with people you trust
- Attend to your spiritual needs
- Take your mind off of worries you can't fix
- Have fun when you can
- Encourage yourself and others
- Leaders:
 - **Do positive after-action reviews**
 - **Recognize and reward accomplishments**

Successfully handling a stressful event builds resilience



What Are “Stress Injuries”?

“STRESS INJURIES”

- Wounds to the mind or brain caused by intense or prolonged stress
 - Impact → Trauma
 - Wear and Tear → Fatigue
 - Loss → Grief
 - Inner conflict → Moral injury





Recognizing Stress Injuries: The Orange Injured Zone

INJURED

- Loss of control
- Can't fall or stay asleep
- Recurrent vivid nightmares
- Intense guilt or shame
- Attacks of panic or rage
- Inability to enjoy activities
- Disruption of moral values
- Serious suicidal or homicidal thoughts





Recognizing Stress Injuries: The Orange Injured Zone

INJURED UNITS

- Low morale, divided camps
- Equipment out of service
- Significant discipline problems
- Significant alcohol incidents
- Multiple drug incidents
- Vigilante missions

INJURED FAMILIES

- **Children having failing grades**
- **Children having discipline problems at school and/or home**
- **Couple experiencing loss of closeness/intimacy**
- **Feeling of chaos**
- **Constant fighting**
- **Silence/no communication**
- **Verbal or physical abuse**



The Orange Injured Zone

WHAT TO DO

- Administer Stress First Aid
- Talk with leaders
- Seek guidance from chaplains, counselors, and/or medical staff
- Leaders:
 - **Take immediate action to address command problems**



Recognizing Stress Illnesses: The Red III Zone

ILL

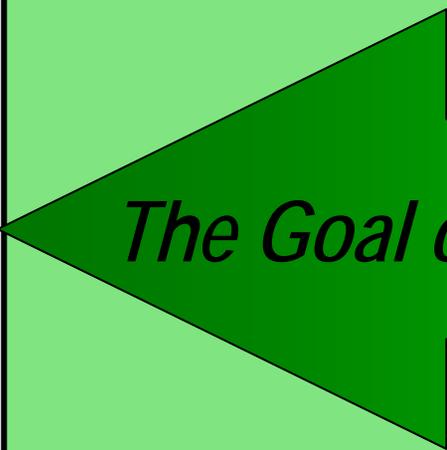
- Stress injury symptoms that last for more than 60 days
- Symptoms that get worse over time instead of better
- Symptoms that get better for awhile but then come back worse

All stress illnesses MUST be referred to Medical for evaluation



Stress Continuum Model

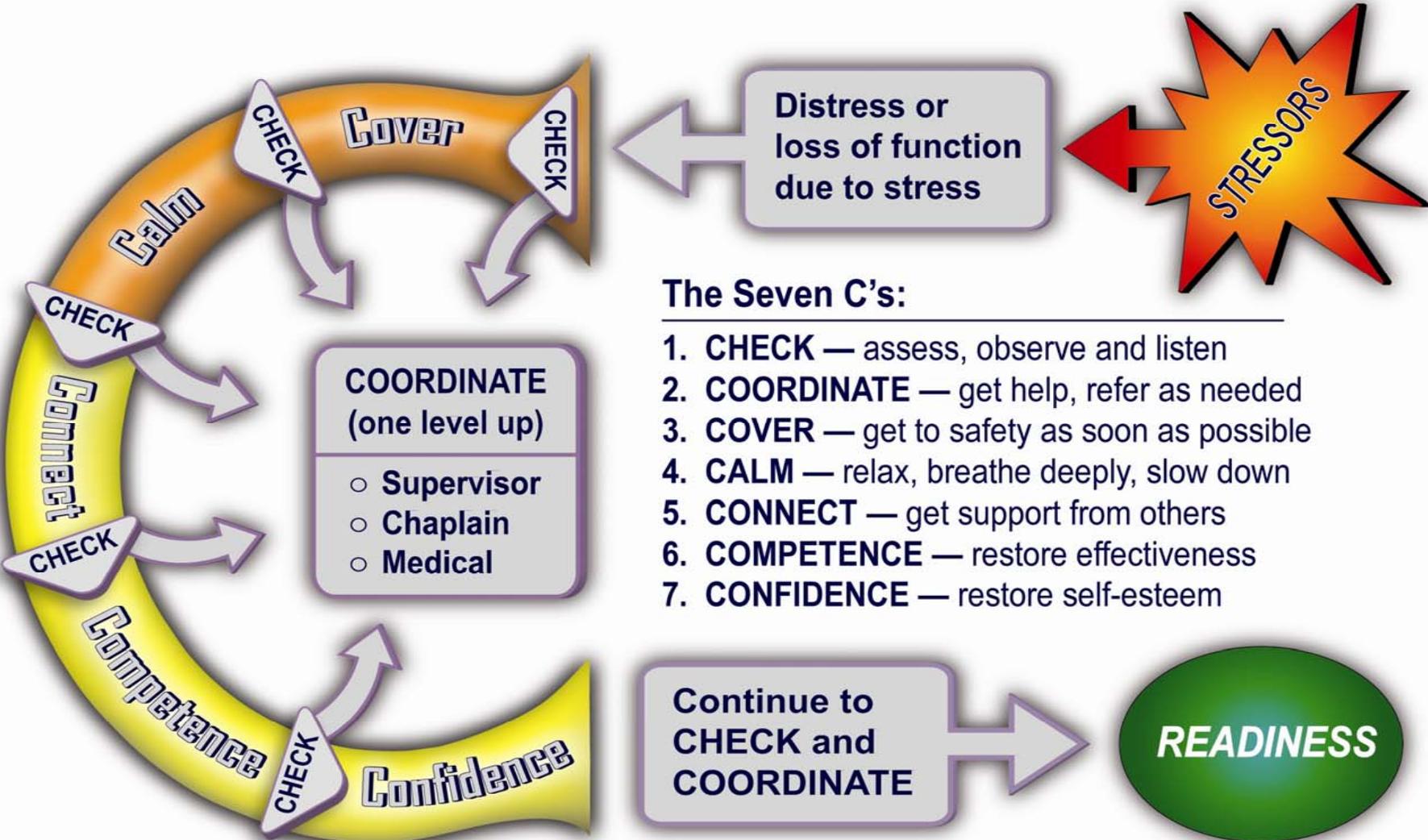


READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
 <p data-bbox="171 756 1827 842"><i>The Goal of Navy OSC is to move towards GREEN</i></p>			

Unit Leader Responsibility	Individual, Shipmate, Family Responsibility	Caregiver Responsibility
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Combat and Operational Stress First-Aid (COSFA)





Where To Get Help

- **Shipmate, family member, or command leadership**
- **Ombudsman**
- **Chaplain**
- **Fleet and Family Support Center counselor**
- **Doctor, nurse or other medical staff member**
- **USMC COSC (www.usmc-mccs.org/cosc)**
- **Navy Safe Harbor**
(www.npc.navy.mil/CommandSupport/SafeHarbor)
- **Navy Public Health Center**
(www-nehc.med.navy.mil/hp/suicide)
- **Military OneSource (www.militaryonesource.com)**
- **Vet Center (www.va.gov/rcs)**
- **Naval Center for Combat and Operational Stress Control**
(www.websiteTBA)

Questions?

