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

<table>
<thead>
<tr>
<th>READY (Green)</th>
<th>REACTING (Yellow)</th>
<th>INJURED (Orange)</th>
<th>ILL (Red)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Good to go</td>
<td>• Distress or</td>
<td>• More severe or</td>
<td>• Stress injuries that don’t heal without help</td>
</tr>
<tr>
<td>• Well trained</td>
<td>impairment</td>
<td>persistent</td>
<td>without help</td>
</tr>
<tr>
<td>• Prepared</td>
<td>• Mild and</td>
<td>distress or</td>
<td>Symptoms</td>
</tr>
<tr>
<td>• Fit and</td>
<td>temporary</td>
<td>impairment</td>
<td>persist for &gt;60</td>
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<tr>
<td>focused</td>
<td>• Anxious,</td>
<td>• May leave</td>
<td>days, get worse,</td>
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<td></td>
<td>irritable, or sad</td>
<td>lasting memories,</td>
<td>or initially get</td>
</tr>
<tr>
<td></td>
<td>• Physical or</td>
<td>reactions, and</td>
<td>better and then</td>
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<tr>
<td></td>
<td>behavioral</td>
<td>expectations</td>
<td>return worse</td>
</tr>
<tr>
<td></td>
<td>changes</td>
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</table>

**Unit Leader Responsibility**
- Good to go
- Well trained
- Prepared
- Fit and focused
- Cohesive units & ready families

**Individual, Shipmate, Family Responsibility**
- Distress or impairment
- Mild and temporary
- Anxious, irritable, or sad
- Physical or behavioral changes

**Caregiver Responsibility**
- More severe or persistent distress or impairment
- May leave lasting memories, reactions, and expectations
- Stress injuries that don’t heal without help
- Symptoms persist for >60 days, get worse, or initially get better and then return worse
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”?

- Temporary, mild physical or mental distress
Recognizing Stress: The Yellow Reacting Zone

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”?

- Wounds to the mind or brain caused by intense or prolonged stress
  - Impact \(\rightarrow\) Trauma
  - Wear and Tear \(\rightarrow\) Fatigue
  - Loss \(\rightarrow\) Grief
  - Inner conflict \(\rightarrow\) 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 Ill Zone

<table>
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<tbody>
<tr>
<td>Stress injury symptoms that last for more than 60 days</td>
</tr>
<tr>
<td>Symptoms that get worse over time instead of better</td>
</tr>
<tr>
<td>Symptoms that get better for awhile but then come back worse</td>
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All stress illnesses MUST be referred to Medical for evaluation
The Goal of Navy OSC is to move towards GREEN
Combat and Operational Stress First-Aid (COSFA)

The Seven C’s:
1. CHECK — assess, observe and listen
2. COORDINATE — get help, refer as needed
3. COVER — get to safety as soon as possible
4. CALM — relax, breathe deeply, slow down
5. CONNECT — get support from others
6. COMPETENCE — restore effectiveness
7. CONFIDENCE — restore self-esteem

Continue to CHECK and COORDINATE

Distress or loss of function due to stress

STRESSORS

CHECK
Cover
Calm
COORDINATE
(one level up)
- Supervisor
- Chaplain
- Medical

READINESS
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](http://www.usmc-mccs.org/cosc))
- Military OneSource ([www.militaryonesource.com](http://www.militaryonesource.com))
- Vet Center ([www.va.gov/rcs](http://www.va.gov/rcs))
- Naval Center for Combat and Operational Stress Control ([www.websiteTBA](http://www.websiteTBA))
Questions?