

Operational Stress Control





Position Description: Greatness

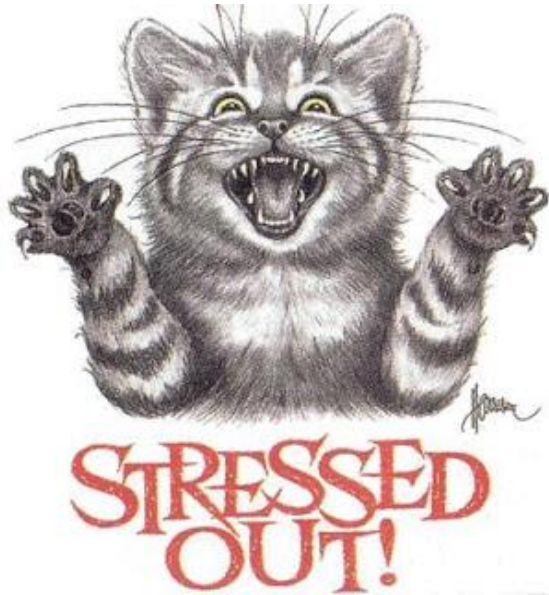
- **Go places you don't want to go**
- **Do things you don't want to do**
- **Help people you won't even meet**
- **Do this at the expense of the one's you truly love and care about**





What Is "Stress"?

“The process by which we respond to challenges to the body, mind or spirit.”



- **Relevant training instills confidence and sets realistic expectations.**
- **Coupled with leadership support, these are the foundations for effective Operational Stress Control**

UNCLAS



What Makes More Sense?



**Check the Oil?
(Proactive)**

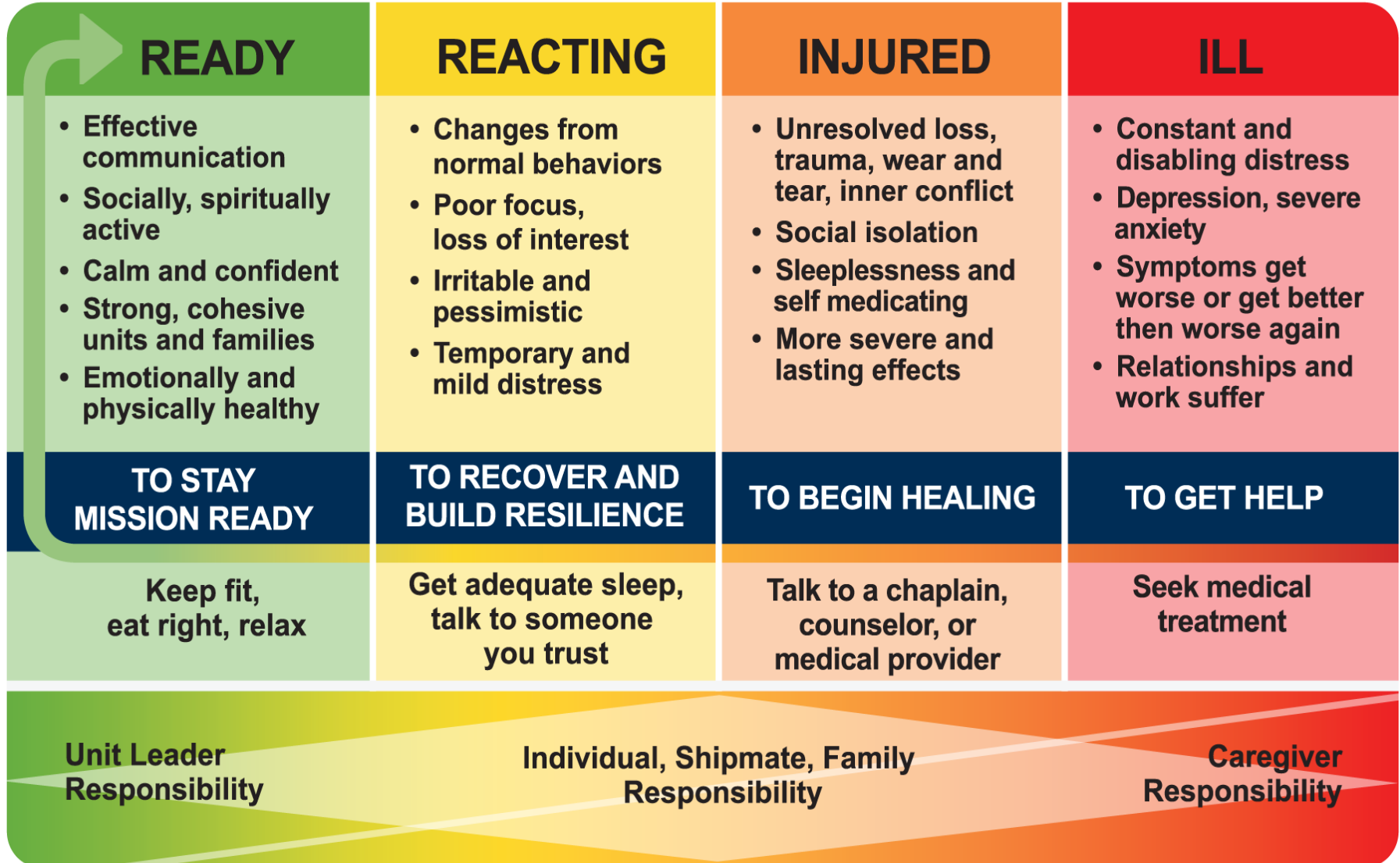
OR

**Repair the Motor?
(Reactive)**





Stress Continuum Model





Alternate Perspective





Green Zone – Ready and Healthy



READY (55 MPH)

- **Enough stress to keep me motivated and feeling relevant in my personal and professional life, without being overwhelmed.**
- **Allows me to be who I want to be, and do what I need to do effectively.**



UNCLAS



Yellow Zone - Recognizing Stress



REACTING (65 MPH)

- **That uncomfortable, anxious period when faced with a challenge and you don't know what to do about it, or how it is going to turn out.**
- **Still able to function, but may be irritable, fatigued, unable to relax, mind-racing, or distracted.**

UNCLAS



Stress Reactions and Stress Injuries



YELLOW



Stress Reactions

- Wind blows, tree bends.
- Wind stops, tree stands up.
- Leaves return to normal position within a few hours or days without assistance

ORANGE



Stress Injuries

- Wind blows, tree bends, branch breaks
- Wind stops, tree stands up, branch remains broken. Will survive, but never the same.
- May heal faster with help

UNCLAS

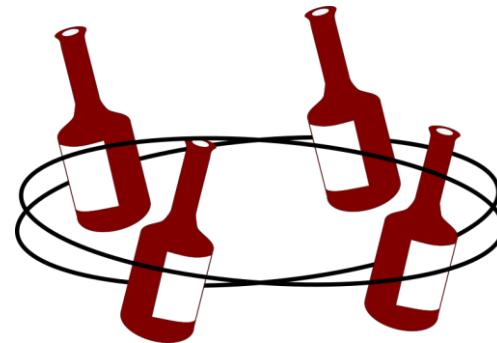


Orange Zone: Recognizing Stress Injuries



INJURED (75 MPH)

- Occurs when faced with a challenge that we determine is “too much” for us.
- Experience intense pain
- Anticipate failure, confidence is shattered.
- Take desperate measures to achieve relief.



UNCLAS



Red Zone: Stress Illnesses



ILL (105 MPH)

- ***Stress injury symptoms that persist***
- ***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

UNCLAS



Relevance Check

- Have you ever seen the show “A Thousand Ways to Die”?



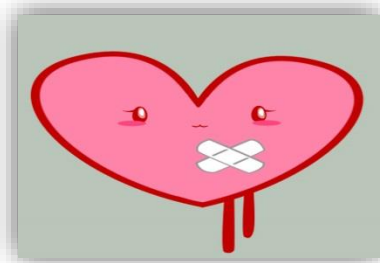
- Have you ever achieved the “Whatever” stage?



- Is loss a part of service?



- Have you ever had to hurt your loved one’s to meet the mission?





What Are “Stress Injuries”?

- Wounds to the mind or brain caused by intense or prolonged stress:



- *Impact* —————→ *Trauma*
- *Wear and Tear* ———→ *Fatigue*
- *Loss* —————→ *Grief*
- *Inner Conflict* ———→ *Injury to Core Beliefs*



UNCLAS



Basic Preventive Maintenance



CAR

- **Put Gas in the Tank**
- **Put Air in the Tires**
- **Top - Off the Fluids**
- **Change the Oil**
- **Get a Tune - up**

AN-UYK/BODY-63



- **Rest/Sleep**
- **Eat Well and Hydrate**
- **Exercise**
- **Build a Team**
- **Spirituality/Maintain Perspective**

Team Members



- Friends & Family
- Mentors
- Chain of Command
- Chaplains/RP's
- Providers (MDs, PAs, NPs)
- Corpsmen
- USO / MWR



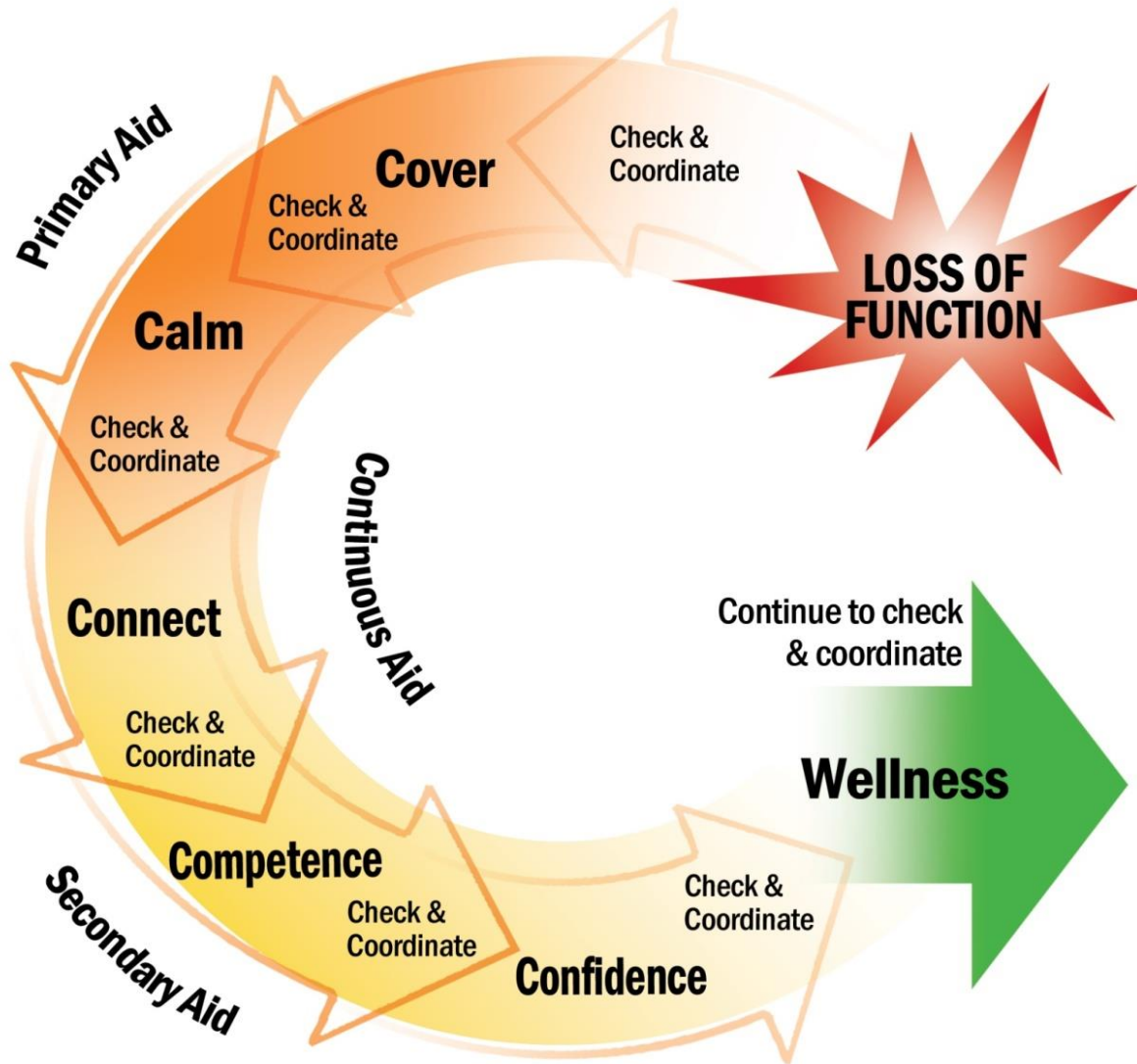
UNCLAS



Corrective Maintenance Stress First Aid

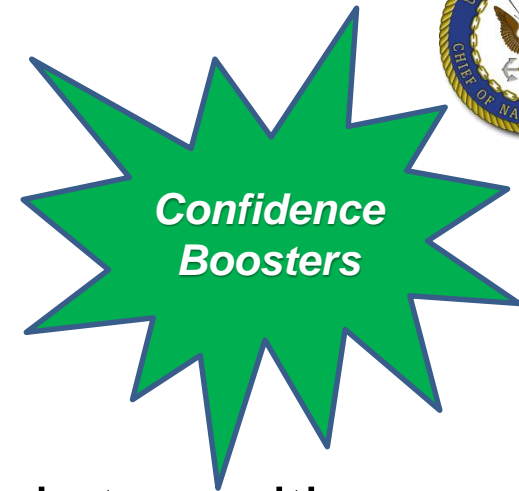
Seven Cs of Stress First Aid:

- 1. CHECK**
Assess: observe and listen
- 2. COORDINATE**
Get help, refer as needed
- 3. COVER**
Get to safety ASAP
- 4. CALM**
Relax, slow down, refocus
- 5. CONNECT**
Get support from others
- 6. COMPETENCE**
Restore effectiveness
- 7. CONFIDENCE**
Restore self-esteem





Principles of Resilience



- **Predictability** -Adverse effects less likely when event is predictable
- **Controllability** -Sense of control leads to positive results
- **Relationships**- Strong relationships increase resilience to stress
- **Trust** -Sets positive expectations, decreases stress
- **Meaning** -Provides greater sense of purpose