





# **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

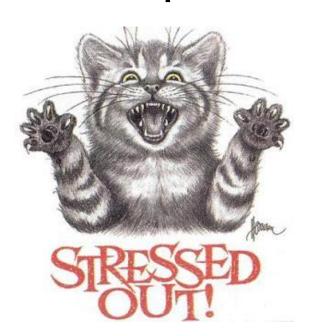


 Do this at the expense of the one's you truly love and care about



#### 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



## What Makes More Sense?



Check the Oil? (Proactive)

OR

Repair the Motor? (Reactive)







#### Stress Continuum Model



#### **READY**

- Effective communication
- Socially, spiritually active
- Calm and confident
- Strong, cohesive units and families
- Emotionally and physically healthy

## TO STAY MISSION READY

Keep fit, eat right, relax

#### REACTING

- Changes from normal behaviors
- Poor focus, loss of interest
- Irritable and pessimistic
- Temporary and mild distress

## TO RECOVER AND BUILD RESILIENCE

Get adequate sleep, talk to someone you trust

#### **INJURED**

- Unresolved loss, trauma, wear and tear, inner conflict
- Social isolation
- Sleeplessness and self medicating
- More severe and lasting effects

TO BEGIN HEALING

Talk to a chaplain, counselor, or medical provider

#### ILL

- Constant and disabling distress
- Depression, severe anxiety
- Symptoms get worse or get better then worse again
- Relationships and work suffer

#### TO GET HELP

Seek medical treatment

Unit Leader Responsibility

Individual, Shipmate, Family Responsibility

Caregiver Responsibility



## Alternate Perspective













## Green Zone – Ready and Healthy



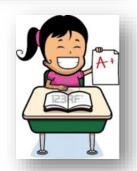
## READY (55 MPH)

 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.







## 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.



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## 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

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#### **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



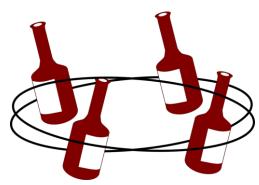
## Orange Zone: Recognizing Stress Injuries



### 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.











#### Red Zone: Stress Illnesses



#### **ILL (105 MPH)**

- Stress injury symptoms that <u>persist</u>
- Symptoms that get <u>worse</u> 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



## 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







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### **Basic Preventive Maintenance**



#### **CAR**

- **AN-UYK/BODY-63**
- MARIN

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

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



#### Team Members







- Friends & Family
- Mentors









- Chaplains/RP's
- Providers (MDs, PAs, NPs)
- Corpsmen
- USO / MWR



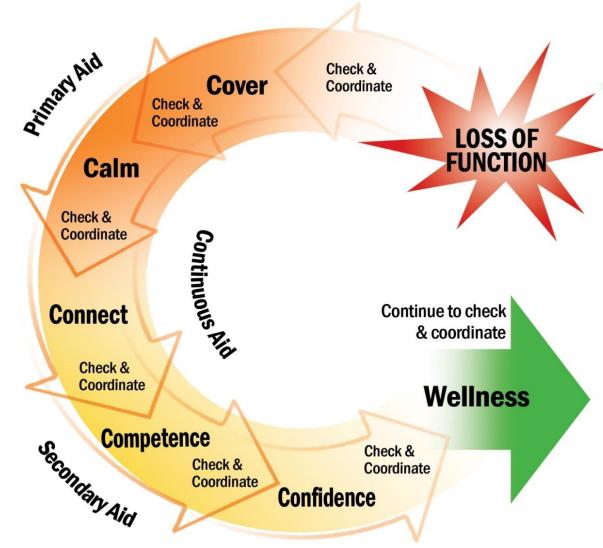






## Corrective Maintenance Stress First Aid





#### 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