

Checklist for Preserving Resources to Mitigate Stress

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