



COMBAT & OPERATIONAL STRESS FIRST AID (COSEA)

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 and hope





INTRODUCTION TO OPERATIONAL STRESS: 5 CORE LEADER FUNCTIONS



Strengthen

- Leadership that is Firm, Fair, a Source of Courage, Communicates Plans and Listens
- Expose to Tough, Realistic Training
- Foster Unit Cohesion

Mitigate

- Remove Unnecessary Stressors
- Ensure Adequate Sleep and Rest
- Conduct After-Action Review (AAR) in Small Groups

Identify

- Know Crew Stress Load
- Recognize Reactions, Injuries and Illness

Treat

- Rest and Restoration (24-72 Hours)
- Chaplain
- Medical

Reintegrate

- Keep with Unit if at all Possible
- Expect Return to Full Duty
- Don't Allow Retribution or Harassment
- Communicate with Treating Professionals (Both Ways)