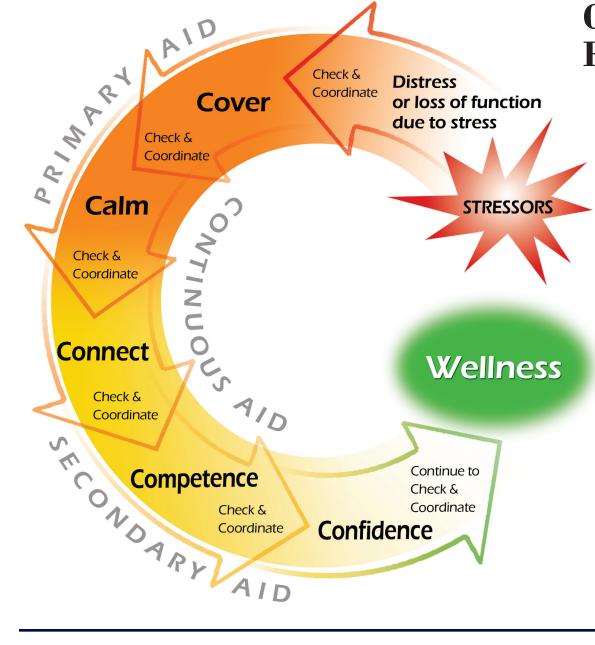


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Combat & Operational Stress First Aid (COSFA)

> 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



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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)