



Stress Continuum Model



READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and tough • In cohesive units & families 	<ul style="list-style-type: none"> • Distress or impairment • Mild and transient • Anxious or irritable • Behavior change 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • Four types: <ul style="list-style-type: none"> • Trauma • Fatigue • Grief • Moral injury 	<ul style="list-style-type: none"> • Stress injuries that don't heal without help • Types: <ul style="list-style-type: none"> • PTSD • Depression • Anxiety • Substance abuse





Operational Stress Control Decision Matrix (Behaviors)

Sailor or Marine Under Stress

Green Zone (Ready):
 • Continue to monitor for signs of distress or loss of function in the future

Yellow Zone (Reacting):
 • Ensure adequate sleep & rest
 • Manage home-front stressors
 • Discussions in small groups
 • Refer to chaplain or medical if problems persist

Orange Zone (Injured):
 • Keep safe and calm
 • Rest & recuperation 24-72 hrs.
 • Refer to medical or chaplain
 • Mentor back to full duty and function

Red Zone (Ill):
 • Refer to medical
 • Ensure treatment compliance
 • Mentor back to duty if possible
 • Transition to VA if necessary

NO

Are there signs of DISTRESS or LOSS OF FUNCTION?

YES

NO

Is the distress or loss of function SEVERE?

YES

NO

Has the distress or loss of function PERSISTED?

YES

Distress or Loss of Function:

- Difficulty relaxing and sleeping
- Loss of interest in social or recreational activities
- Unusual and excessive fear, worry, or anger
- Recurrent nightmares or troubling memories
- Hyperactive startle responses to noises
- Difficulty performing normal duties
- Any change from normal personality

SEVERE Distress or Loss of Function:

- Inability to fall asleep or stay asleep
- Withdrawal from social or recreational activities
- Uncharacteristic outbursts of rage or panic
- Nightmares or memories that increase heart rate
- Inability to control emotions
- Serious suicidal or homicidal thoughts
- Loss of usual concern for moral values

PERSISTENT Distress or Loss of Function:

- Stress problems that last for more than 60 days post-deployment
- Stress problems that don't get better over time
- Stress problems that get worse over time



Five C's of Combat Operational Stress First Aid (COSFA)

CONFIDENCE:

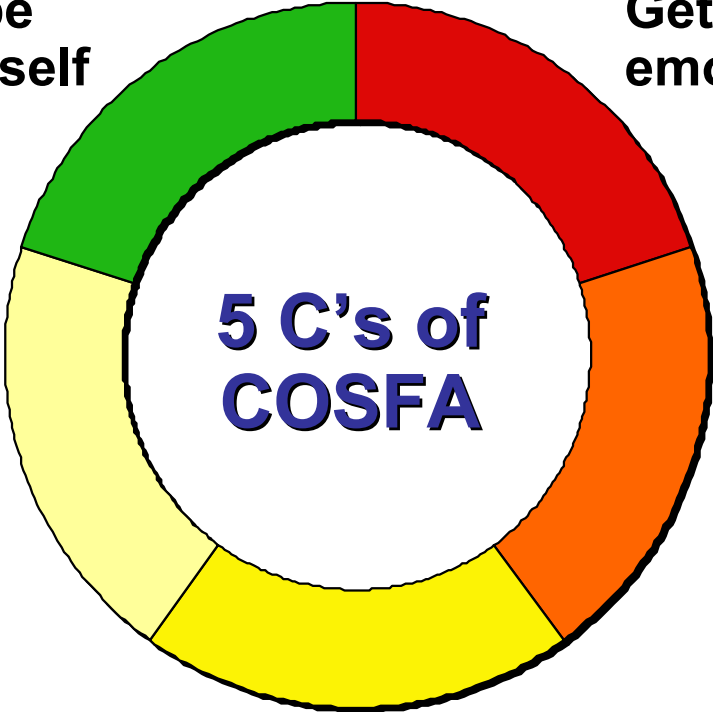
Restore hope and trust in self and others

COVER:

Get to physical and emotional safety

CAPACITY:

Mentor back to full function and efficacy



CALMING: Reduce physical & emotional arousal

CONNECTEDNESS:

Maximize social support and unit cohesion