7 C'S OF STRESS FIRST AID

COORDINATE

COVER

Get to safety ASAP

Provide real-time support to ensure and bring back safety.

CONNECT

Get support from others

Reinstate or increase social connection and support.

Get help, refer as needed

Coordinate care by contacting EAP or other support programs.

Identify several options.

CHECK

Assess. Observe & Listen

Start by checking the stress reactions of yourself and your coworkers. Then decide how to progress to one of the 6 remaining C's.

COMPETENCE

Restore effectiveness

Foster and restore capacity to function in important life roles.

CALM

Relax, slow down, focus

Reduce the intensity of physiological, emotional and behavioral stress.

CONFIDENCE

Restore self-esteem and hope

Promote confidence in core values and beliefs. Bolster pride and commitment.

