

Resiliency Center

Stress First Aid: The 7 C's

SFA Functions	Possible Actions
Check	<ul style="list-style-type: none"> • Assess current level of distress and functioning • Assess immediate risks • Assess need for additional SFA interventions or higher levels of care • Reassess progress (Re-Check)
Coordinate	<ul style="list-style-type: none"> • Decide who else should be informed of situation • Refer for further evaluation or higher levels of care, if indicated • Facilitate access to other needed care
Cover	<ul style="list-style-type: none"> • Ensure immediate physical safety of stressed person and others • Foster a sense of psychological safety and comfort • Protect from additional stress (ensure respite)
Calm	<ul style="list-style-type: none"> • Reduce physiological arousal (slow down heart rate and breathing, relax) • Reduce intensity of negative emotions such as fear or anger • Listen empathically to the individual talk about experiences • Provide information that calms
Connect	<ul style="list-style-type: none"> • Encourage connection to primary support people • Help problem-solve to remove obstacles to social support • Foster positive social activities within crew
Competence	<ul style="list-style-type: none"> • Help mentor back to full functioning • Facilitate rewarding work roles • Arrange for retraining, if necessary • Encourage gradual re-exposure to potentially stressful situations
Confidence	<ul style="list-style-type: none"> • Mentor back to full confidence in self, leadership, mission and core values • Foster the trust of coworkers and family members in the individual

https://www.ptsd.va.gov/professional/treat/type/stress_first_aid.asp