7 C's of STRESS FIRST AID

1. **Check** - Assess, observe & listen
   Check in regarding stress reactions of yourself and your coworkers on an ongoing basis. Then...

   **Confidence**
   - Restore self esteem and hope
     Promote confidence in core values and beliefs, bolster pride and commitment.

   **Coordinate**
   - Get help, refer as needed
     Try to find an acceptable way to refer someone to EFAP or other support. Provide a menu of options.

   **Competence**
   - Restore effectiveness
     Foster and restore a stress affected person's capacity to function in their important life roles.

   **Cover**
   - Get to safety ASAP
     Ensure ongoing safety — can be momentary assistance that increases your or another's sense of safety.

   **Connect**
   - Get support from others
     Try to restore or increase social support by asking for or providing support when you see stress in yourself or others.

   **Calm**
   - Relax, slow down, refocus
     Reduce the intensity of physiological, emotional and behavioural stress.