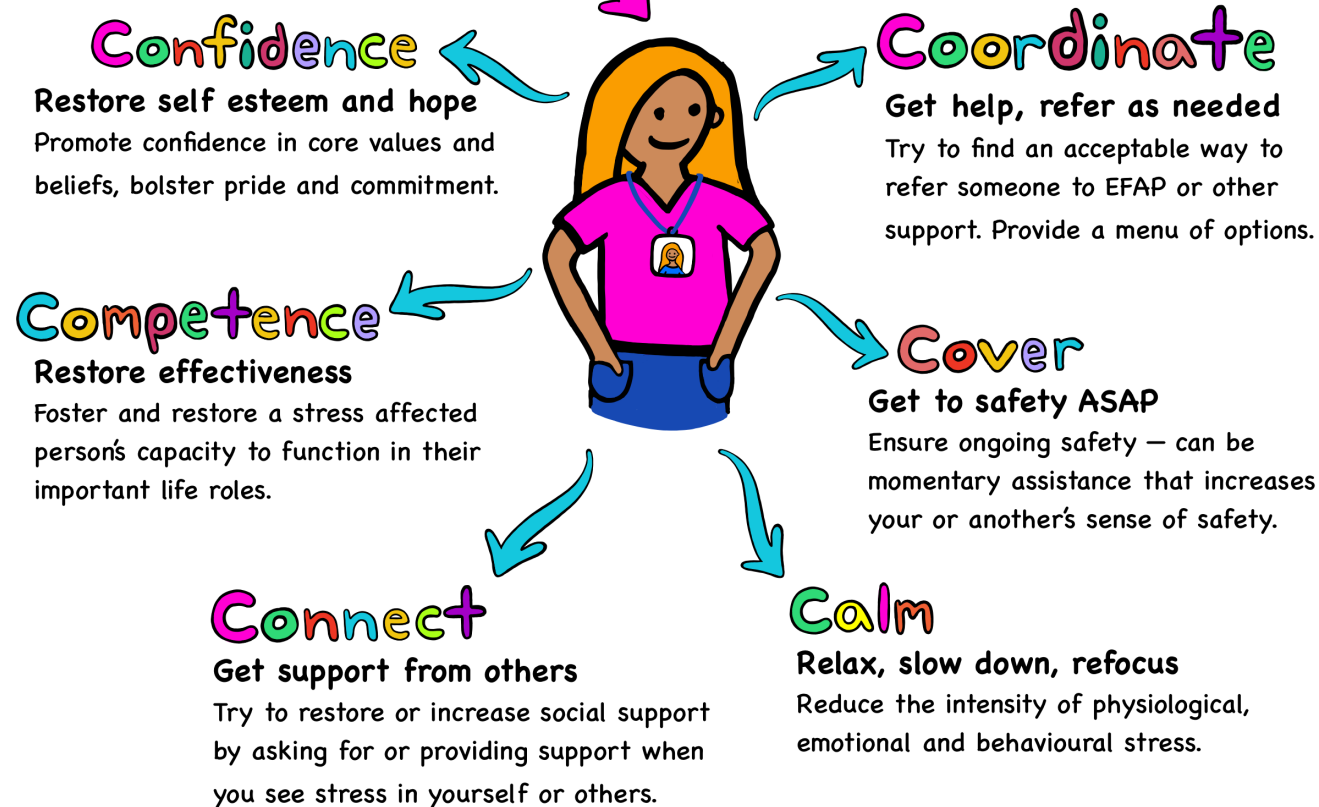



7 C's of STRESS FIRST AID

1. Check - Assess, observe & listen

Check in regarding stress reactions of yourself and your coworkers on an ongoing basis. Then...



You've got this. 
We've got you!