

### 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.

# Competence

#### Restore effectiveness

Foster and restore a stress affected person's capacity to function in their important life roles.

### 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.

## 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.

### Cover

#### Get to safety ASAP

Ensure ongoing safety — can be momentary assistance that increases your or another's sense of safety.

### Calm

#### Relax, slow down, refocus

Reduce the intensity of physiological, emotional and behavioural stress.

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