

MISSION READY

Sailors, Families and Commands

Day to day life in the Navy can be extraordinarily stressful - but you can be better prepared for the inevitable challenges of military life by learning how to navigate operational stress. Stress is a normal part of life and we respond to it physically, emotionally, mentally and spiritually. Stress can help us perform at our best, but too much can hurt us. The Navy wants to safeguard you by helping you to become more resilient - by increasing your ability to prepare for, recover from and adjust to life in the face of stress, adversity, trauma or tragedy.

To do that, the Navy established the Operational Stress Control (OSC) Program. The comprehensive effort is Line-owned and led, and supported by Navy Medicine. It integrates various policies and initiatives under one overarching umbrella. OSC is designed to build resilient Sailors, families and commands; and to increase the acceptance of seeking help for stress-related injuries and illnesses through education, training and communication.

This guide is just one tool to help you recognize how you, your shipmates, and families are reacting to the rigors of military life. Talk to each other and use the stress continuum to recognize the signs of stress. Learn to stay or get to into the "Green".



STRESS ZONES

READY Mission Ready Keep Fit, Eat Right, Relax
REACTING Stress Response Talk to someone you trust
INJURED Persistent Distress Talk to a Chaplain, Counselor, or Medical Provider
ILL Mission Ineffective Seek Medical Attention

ADDITIONAL RESOURCES

Operational Stress Control Online
www.navy.navstress.com

Chain of Command

Navy Marine Corps Public Health
www.nmcphe.med.navy.mil/healthy_living

**Naval Center for Combat
and Operational Stress Control**
www.nccosc.navy.mil

Navy Knowledge Online
www.nko.navy.mil

Fleet and Family Support Center
Locate your local FFSC
www.cnic.navy.mil/CNIC_HQ_Site

Chaplains
Contact your local Base Chapel or
www.chaplaincare.navy.mil

Medical and Mental Health Providers
Contact your local Military Treatment Facility or
www.tricare.mil/mentalhealth

Military One Source
www.militaryonesource.com / 1.800.342.9647

OSC Family
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NAVIGATING STRESS



STRESS CONTINUUM - A Useful Guide

	READY	REACTING	INJURED	ILL
Individuals	<ul style="list-style-type: none"> • Good sleep habits • Good fitness habits • Healthy eating • Sense of humor • Positive attitude • Productive and focused • Socially connected • Calm and confident • Effective communication • Moderation and balance • Able to relax • Sense of purpose • Feel on top of things 	<ul style="list-style-type: none"> • Impatient or irritable • Worried • Trouble sleeping • Appetite change • Apathetic • Withdrawing socially • Cutting corners • Reduced concentration • Increased use of alcohol • Increased use of tobacco • Muscle tension/fatigue • Excessive escape mechanisms (TV, Internet, gambling, etc.) 	<ul style="list-style-type: none"> • Can't fall or stay asleep • Weight changes • Persistent, vivid nightmares • Intense emotions • Loss of interest in activities • Social isolation • Loss of moral bearing • Suicidal/homicidal ideas • Confusion/disorientation • Episodes of rage or panic • Numbness • Loss of control • Substance abuse 	<ul style="list-style-type: none"> • Symptoms persist get worse, or return more severely • Persistent trouble functioning
Families	<ul style="list-style-type: none"> • Children well-adjusted and secure • Regular routines • Good communication • Clean/organized home 	<ul style="list-style-type: none"> • Children acting out, or insecure • Dropping routines • Difficult communication • Increased clutter and disorder • Reduced intimacy 	<ul style="list-style-type: none"> • Major behavior issues • Feeling of chaos • Constant fighting • Silence, severe lack of communication • Loss of intimacy • Verbal or physical abuse 	<ul style="list-style-type: none"> • Symptoms persist, get worse, or return more severely • Persistent trouble functioning
Command/Unit	<ul style="list-style-type: none"> • High morale • Strong cohesion • Good order and discipline • Deglamorization of alcohol and tobacco • Attention to detail • Clear sense of mission 	<ul style="list-style-type: none"> • Falling morale • Split groups • Deferred maintenance • Minor discipline problems • Increased alcohol incidents • Decreased attention to detail 	<ul style="list-style-type: none"> • Low morale • Divided camps • Equipment out of service • Significant discipline issues • Significant alcohol incidents • Multiple drug incidents • Vigilante missions 	<ul style="list-style-type: none"> • Not mission capable

ACTIONS FOR INDIVIDUALS AND FAMILIES

READY	<ul style="list-style-type: none"> • Maintain physical fitness/healthy eating • Get adequate rest • Improve knowledge and skills • Train hard • Use alcohol in moderation, if at all • Practice core values • Build strong relationships • Resolve conflicts effectively
REACTING	<p>Includes all actions above and...</p> <ul style="list-style-type: none"> • Be self aware • Rest, eat and stay hydrated • Talk with shipmate and/or family • Scale back from excesses • Practice relaxation • Stress first aid
INJURED	<p>Includes all actions above and...</p> <ul style="list-style-type: none"> • Talk to leaders • Seek guidance (chaplains, counselors, medical professionals) • Build social support • Set goals to get green
ILL	<p>Includes all actions above and...</p> <ul style="list-style-type: none"> • Seek medical treatment • Follow treatment plan

ACTIONS FOR LEADERS

READY	<ul style="list-style-type: none"> • Provide tough, realistic training • Build unit cohesion • Foster high morale, positive command climate • Deglamorize alcohol and tobacco use
REACTING	<p>Includes all actions above and...</p> <ul style="list-style-type: none"> • Help Sailors maintain work-life balance • Ensure adequate time for crew rest • Encourage communication • Conduct after action reviews • Stress first aid • Mitigate
INJURED	<p>Includes all actions above and...</p> <ul style="list-style-type: none"> • Refer for early intervention • Communicate and coordinate with providers
ILL	<p>Includes all actions above and...</p> <ul style="list-style-type: none"> • Refer for medical evaluation and treatment • Communicate and coordinate with providers • Reintegrate into unit