



## STRESS FIRST AID (SFA)

**Stress First Aid (SFA)** is a combination of knowledge and skills designed to save a life, prevent further harm, and promote recovery for those who have stress injuries.

All forms of first aid have three actions:

1. Recognize when an injury is present.
2. Assess and provide needed first aid.
3. Get the person to additional help as needed.

Stress impacts people across stress zones that range from effective stress management (green), through reacting (yellow), injured (orange), and ill (red). Everyone reacts to stress in some way and most people do not need first aid for daily stressors.

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> <li>• Good to go</li> <li>• Well trained</li> <li>• Prepared</li> <li>• Fit and focused</li> <li>• Cohesive units &amp; ready families</li> </ul>	<ul style="list-style-type: none"> <li>• Distress or impairment</li> <li>• Mild and transient</li> <li>• Anxious, irritable, or sad</li> <li>• Behavior change</li> </ul>	<ul style="list-style-type: none"> <li>• More severe or persistent distress or impairment</li> <li>• Leaves lasting memories, reactions, and expectations</li> </ul>	<ul style="list-style-type: none"> <li>• Stress injuries that don't heal without help</li> <li>• Symptoms and impairment persist over many weeks or get worse over time</li> </ul>
Unit Leader Responsibility	Individual, Peer, Family Responsibility		Caregiver Responsibility



**OBSERVE:** Actively observe behaviors; look for patterns.

**STATE OBSERVATIONS:** All attention to the behaviors; just the facts without interpretations or judgments.

**CLARIFY ROLE:** State why you are concerned about the behavior. Validates why you are addressing the issue.

**ASK WHY:** Seek clarification; try to understand the other person's perception of the behaviors.

**RESPOND:** Clarify concern if indicated. Discuss desired behaviors. State options in behavioral terms.

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