

# 7 C's of Stress First Aid



## Seven Cs of Stress First Aid:

### 1. CHECK

Assess: observe and listen

### 2. COORDINATE

Get help, refer as needed

### 3. COVER

Get to safety ASAP

### 4. CALM

Relax, slow down, refocus

### 5. CONNECT

Get support from others

### 6. COMPETENCE

Restore effectiveness

### 7. CONFIDENCE

Restore self-esteem and hope

Always

As Needed