

Stress First Aid

Stress First Aid (SFA) is an evidence based self-care and peer support model that aims to help you monitor and attend to your stress level and the stress level of your colleagues.

Key points:

- We need to be paying attention to what is happening in our hearts, our minds, our bodies and our relationships. Taking care of ourselves and the people on our teams **must** be a priority. ***Make time.***
- *Knowing* how to take care of ourselves and our teams is not enough – we must **DO** the actions/strategies for them to work!
- The 7 actions (7C's) described in the SFA model are evidence-based elements that have been linked to better functioning through stress and adversity:
 - First, **check** in with yourself and others everyday, **coordinate** resources and supports as required.
 - **Second**, choose one or more actions from the remaining 5 C's to do individually and as a team (as appropriate): **cover, calm, connect, confidence, competence.**
- Monitor how you are doing over time and add new actions/practices from the 7C's to build even more robust wellness processes and practices.

Stress
Continuum

