



BRINGING WARRIOR TOUGHNESS TO LIFE

Responding to Stress Injury: The Seven Cs of COSFA



FOUR SOURCES OF STRESS INJURY



WEAR AND TEAR



LOSS



INNER CONFLICT



LIFE THREAT

USE COSFA TO RESPOND WITH SUPPORT

The seven Cs of Combat and Operational Stress First Aid (COSFA) provide a clear process to support a Sailor with stress injury, and there are three main categories: Continuous Aid, Primary Aid, and Secondary Aid.

- ✓ Primary Aid includes Cover and Calm.
- ✓ Continuous Aid includes Check and Coordinate.
- ✓ Secondary Aid includes Connect, Competence, and Confidence.

SEVEN Cs

- Cover** Remove immediate stressors, creating a safe environment.
- Calm** Help de-escalate emotions, allowing for clearer thinking.
- Connect** Reinforce the importance of seeking and offering support.
- Competence** Restore a sense of control by guiding Sailors back to their responsibilities.
- Confidence** Rebuild morale and confidence so Sailors feel resilient facing challenges.
- Check** Observe and listen to the distressed Sailor.
- Coordinate** Connect with the appropriate individual who can provide assistance.

RECOVER TOGETHER



The Navy COSFA model helps Sailors maintain their shipmates' health and effectiveness, ensuring they perform their duties and safeguard their long-term well-being.

Use COSFA when you see a fellow Sailor in distress to strengthen the entire team.

Visit [MyNavy HR](#) for more information about Warrior Toughness.

