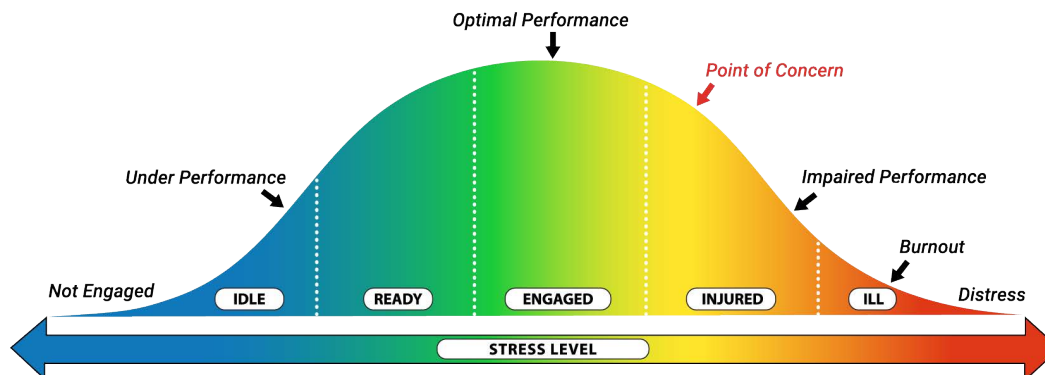




# BRINGING WARRIOR TOUGHNESS TO LIFE

## Identifying Stress: A Key to Supporting Your Shipmates



THE STRESS CONTINUUM PROVIDES A COMMON LANGUAGE TO SPEAK ABOUT STRESS AND ITS RELATIONSHIP TO PERFORMANCE

**Stress happens, and being able to recognize and respond to it is critical.**

**Stress is simply our response to situations we see as challenging, threatening, or overwhelming.**

- ✓ Positive stress can motivate, turning pressure into performance and readiness.
- ✓ Unmitigated stress undermines readiness and resilience. Learning to manage it strengthens performance, especially under adversity or in new situations.

### RECOGNIZE THE SIGNS



### RECOVER TOGETHER



The Navy Combat and Operational Stress First Aid (COSFA) model helps Sailors maintain their shipmates' health and effectiveness, ensuring they perform their duties and safeguard their long-term well-being.

**Use COSFA to preserve life, prevent harm, and promote recovery.**

Visit [MyNavy HR](https://www.mynavyhr.com) for more information about Warrior Toughness.

