

## TIPS FOR REDUCING STRESS

**Exercise.** Exercising melts away stress. Take a run, lift weights, or play a sport with friends.

**Eat well.** Break for a healthy snack or meal — like blueberries, yogurt, a turkey sandwich, almonds, or sunflower seeds.

**Rest.** Getting proper sleep is often hard for Marines, but it can work wonders for relieving stress.

**Breathe.** Try four-step breathing (Inhale through the nose to a count of four, hold the breath to a count of four, exhale through the nose for a count of four, hold for a count of four. Repeat several times.

**Find time for fun.** Catch up with a friend, listen to music, or spend time on a favorite hobby.



## UMAPIT TAKEAWAYS

### HOTLINE ASSISTANCE

For emergencies, call 911, or go to closest hospital.

**MILITARY  
ONE  
SOURCE**

**MILITARY ONESOURCE**  
WIN YOUR PERSONAL BATTLES  
**1.800.342.9647**  
OFFERING SUPPORT 24/7

 **Veterans  
Crisis Line**  
DIAL 988 then **PRESS 1**

Confidential chat  
at [VeteransCrisisLine.net](https://VeteransCrisisLine.net)  
or text to 838255.

### ADDITIONAL RESOURCES

- Chaplains
- Community Counseling Program (CCP)
- Embedded Preventive Behavioral Health Capability (EPBHC) Specialists or Navy Medical Staff
- Family Advocacy Program (FAP)
- Military & Family Life Counselors (MFLC)
- New Parent Support Program (NPSP)
- OSCAR Team Members
- Substance Abuse Counseling Center (SACC)

## FREQUENTLY USED ACRONYMS

**CCP**—Community Counseling Program

**COSC**—Combat and Operational Stress Control

**EPBHC**—Embedded Preventive Behavioral Health Capability

**EMHP**—Embedded Mental Health Provider

**FAP**—Family Advocacy Program

**MCCS**—Marine Corps Community Services

**MFLC**—Military & Family Life Counselors

**MIP**—Marine Intercept Program

**NPSP**—New Parent Support Program

**OODA Loop**—Observe, Orient, Decide, and Act

**OSCAR**—Operational Stress Control and Readiness

**SACC**—Substance Abuse Counseling Center

**SACO**—Substance Abuse Control Officer

**SAP**—Substance Abuse Program

**SPPO**—Suicide Prevention Program Officer

**UMAPIT**—Unit Marine Awareness and Prevention Integrated Training

**VA**—Victim Advocate

**Contact HQMC:** Email questions or feedback to [HQMCprevention@usmc.mil](mailto:HQMCprevention@usmc.mil)

**MCCS website:** [www.usmc-mccs.org](http://www.usmc-mccs.org)

## USE STRESS FIRST AID TO:

- Preserve life
  - Prevent further harm
  - Promote recovery
1. **CHECK:** Watch and listen for unusual stressors, severe distress, and changes in behavior.
  2. **COORDINATE:** Inform chain of command (at least one level up), refer Marine to care provider, and follow up.
  3. **COVER:** Recognize danger posed by or to a stressed person. Neutralize the danger. Keep person safe until he or she recovers.
  4. **CALM:** Help the person relax. Use tactical breathing. Refocus the Marine's thinking.



5. **CONNECT:** Spend time with Marine; encourage peer support.
6. **COMPETENCE:** Encourage and mentor Marine back to full function. Retrain if necessary.
7. **CONFIDENCE:** Offer positive reinforcement as Marine reintegrates with unit. Give the Marine increasing responsibility.

## ADDITIONAL RESOURCES

**Semper Fit:** Take advantage of program offerings, including recreational sports leagues, nutrition and healthy lifestyle information. Physical fitness promotes mental fitness.

**Single Marine Program:** Offers a variety of social, competitive, and educational activities that may include the great outdoors like paintball, fishing trips, river rafting, mountain biking, and hiking. Some installations coordinate weekend trips for groups to recreational destinations.

The acronym **R.A.C.E.** helps you remember the actions to take to prevent suicide. **R.A.C.E.** increases your confidence in asking if a buddy is thinking of suicide.

**R**

### Recognize the signs.

⇒ Be alert to changes in friends, family members, and Marines.

**A**

### Ask the question.

⇒ "Are you thinking of killing yourself?" (Be aware that people don't always answer honestly the first time you ask. Keep checking back if you're concerned.)

**C**

### Care with words and actions.

⇒ Let your words and actions show that you're listening.  
⇒ If unsure about Marine's state of mind, alert chain of command or chaplain.

**E**

### Escort person to help.

⇒ Don't let the person out of your sight. Stay until help arrives, or take the person directly to help.

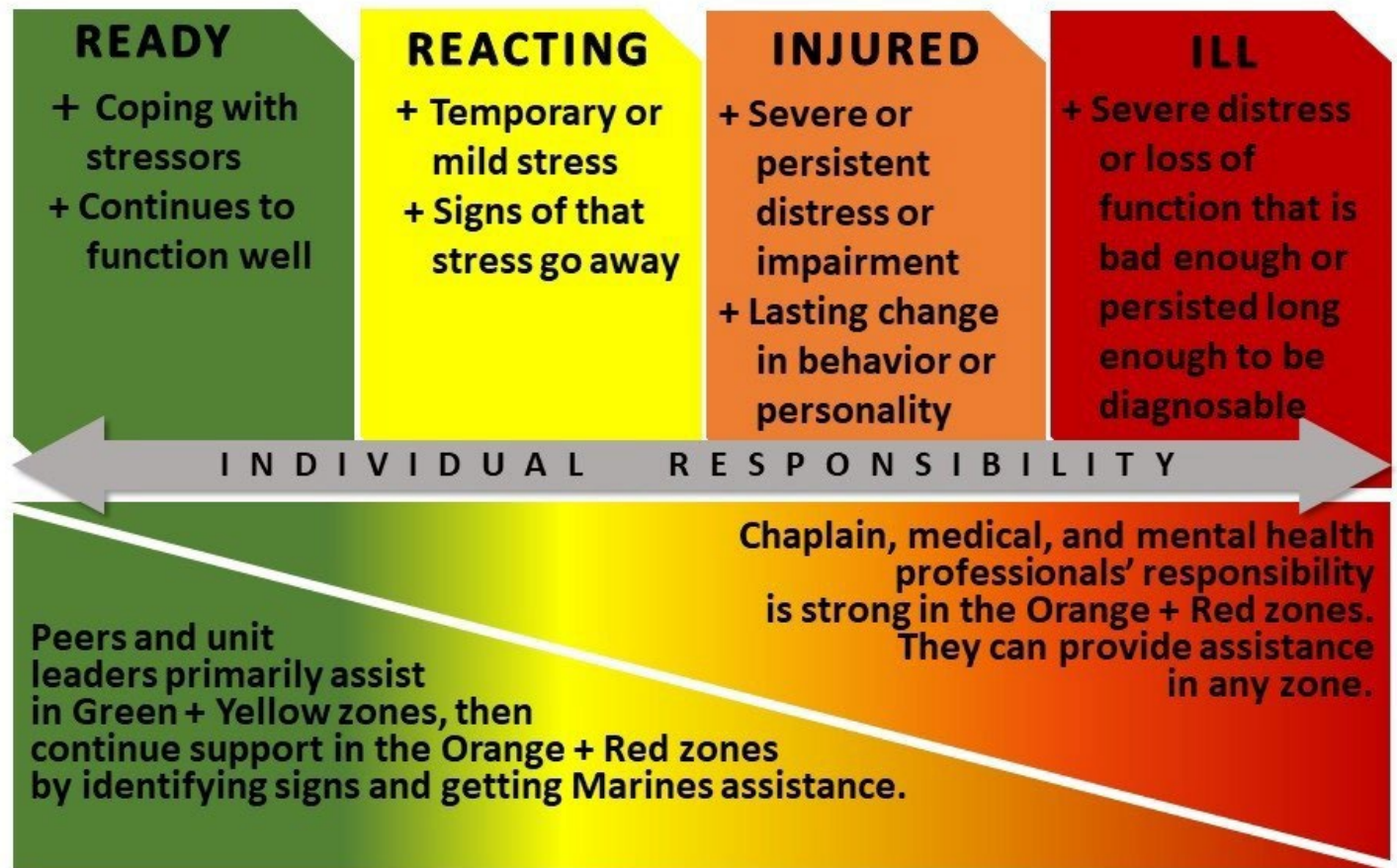
⇒ Resources include health professionals, 911, Military OneSource (800-342-9647), Veteran's/Military Crisis Line 988, press 1, or Text 838255



**R.A.C.E. Conversation Prompts (Try asking these questions as part of your conversation with someone.)**

- Tell me what's been going on with you. • I can see something has been bothering you. Tell me how I can help.
- Talking about what's bothering you might help. I'm here to listen. • You don't seem like yourself. What's on your mind?

## THE STRESS CONTINUUM



- ♦ The Stress Continuum model provides us with a common language to talk about stress.
- ♦ This model helps us identify levels of stress in ourselves, our peers and units. The stress continuum can be used both in combat, in garrison, and in everyday life. One of the main goals is to keep service members in the Green Zone as much as possible and return them to that zone as quickly as possible after leaving it.
- ♦ The gray bar across the continuum illustrates how across the continuum, individuals have a personal responsibility to be accountable and proactively manage their stress.
- ♦ It's our primary responsibility to support fellow Marines in the Green and Yellow Zones, where peer support is effective. We continue peer support in the Orange and Red Zones by identifying signs and getting Marines assistance from experienced professionals. Even at the handoff to a professional, our role doesn't end.
- ♦ Remaining engaged and letting Marines know you are interested in their welfare reinforces a sense of belongingness and aids in their recovery.

## GREEN (READY) ZONE

- Good to go
- Prepared
- Sleeping enough
- Well trained
- Fit and tough
- Sense of humor
- Calm and steady
- Eating well
- Good decisions

- ⇒ Keep wellness a priority and work to stay in the “Green Zone.”
- ⇒ Grow your problem-solving and conflict management skills.
- ⇒ Monitor yourself and others (check in often) for signs of distress or loss of function.

If the distress looks **SEVERE OR PERSISTENT**, proceed to Orange Zone.

## ORANGE (INJURED) ZONE

- More severe or persistent distress or impairment
- Lasting personality change
- Feelings of guilt or shame
- Losing control of emotions or thinking
- Unable to enjoy usual activities
- Difficulty sleeping

- ⇒ Always consider professional help in this zone.
- ⇒ Connect to a chaplain or medical.
- ⇒ The earlier you get help, the higher the possibility you will heal.
- ⇒ Promote positive peer support.
- ⇒ Don't allow Marines to withdraw from others.
- ⇒ Mentor back to full duty and function.
- ⇒ Check in—**SAY SOMETHING**—and coordinate if needed.

If the distress significantly impacts **CAREER OR RELATIONSHIPS**, proceed to Red Zone.

## YELLOW (REACTING) ZONE

- Feeling anxious, sad, or angry
- Cutting corners on the job
- Trouble sleeping
- Withdrawing from friends and family
- Worrying
- Being short-tempered
- Eating too much or too little
- Inability to concentrate

- ⇒ Recognize when you or peers are in the Yellow Zone and take action to return to the Green Zone.
- ⇒ Promote use of peers, family, chain of command, chaplain, MCCS resources, Military OneSource (800-342-9647/militaryonesource.mil), or Military Crisis Line (800.273.8255, press 1/militarycrisisline.net).
- ⇒ Ensure adequate sleep and rest, PT, and nutrition.
- ⇒ Check in—**SAY SOMETHING**—and coordinate if needed.

If the distress looks **SEVERE OR PERSISTENT**, proceed to Orange Zone.

## RED (ILL) ZONE

- Severe distress or loss of function persisting long enough to be diagnosable
- Requires intervention
- Unmanaged symptoms may significantly impact career and family


- ⇒ Check in—**SAY SOMETHING**—and coordinate if needed.
- ⇒ If you think a Marine is in the Red Zone, refer him or her to medical.
- ⇒ Only a qualified medical officer can diagnose disorders.
- ⇒ Follow up and ensure treatment compliance.
- ⇒ If possible, reintegrate with unit and restore to full duty.



For emergencies, call 911, or go to closest hospital.

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**Make double-sided copies.**

**This version includes space to note top stressors.**

MY TOP STRESSORS  
(e.g., job, relationship):

1.

2.

WAYS I MITIGATE STRESS TODAY  
(e.g., run, swim):

1.

2.

SELF-CARE TECHNIQUES I WILL TRY  
(e.g., meditate, talk to a friend)

1.

2.

PEOPLE I CAN CALL WHEN STRESSED:  
(e.g., best friend, spouse, chaplain)

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**This version includes R.A.C.E. protocol on reverse.**

**Recognize** the signs. Be alert to changes in friends, family, and Marines.

**Ask** the question. "Are you thinking of killing yourself? (Be aware that people don't always answer honestly the first time you ask. Keep checking back if you're concerned.)

**Care** with words and actions. Let your words and actions show that you're listening. If unsure about Marine's state of mind, alert chain of command.

**Escort** person to help. Don't let the person out of your sight. Stay until

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