

READY

REACTING

INJURED

ILL

Indicators - Individual

- Good sleep habits
- Good fitness habits
- Healthy eating
- Sense of humor
- Positive attitude
- Productive and focused
- Socially connected
- Calm and confident
- Effective communication
- Moderation and balance
- Able to relax
- Sense of purpose
- Feel on top of things

- Impatient or irritable
- Worried
- Trouble sleeping
- Appetite change
- Apathetic
- Withdrawing socially
- Cutting corners
- Reduced concentration
- Increased use of alcohol
- Increased use of tobacco
- Muscle tension and fatigue
- Excessive escape mechanisms (TV/Internet/gambling, etc.)

- Can't fall or stay asleep
- Weight changes
- Persistent, vivid nightmares
- Intense emotions
- Loss of interest in activities
- Social isolation
- Loss of moral bearing
- Suicidal or homicidal ideas*
- Confusion or disorientation
- Episodes of rage or panic
- Numbness
- Loss of control
- Substance abuse

- Symptoms persist for more than 60 days, get worse, or get better but then come back worse
- Persistent trouble functioning

Indicators - Family

- Children well-adjusted and secure
- Regular routines
- Good communication
- Clean/organized home

- Children acting out, insecure
- Dropping routines
- Difficult communication
- Increased clutter and disorder
- Reduced intimacy

- Significant behavior issues
- Feeling of chaos
- Constant fighting
- Silence/no communication
- Loss of intimacy
- Verbal or physical abuse

- Symptoms persist for more than 60 days, get worse, or get better but then come back worse
- Persistent trouble functioning

Indicators - Command/Unit

- High morale
- Strong cohesion
- Good order and discipline
- Deglamorization of substances
- Attention to detail
- Clear sense of mission

- Falling morale
- Split groups
- Deferred maintenance
- Minor discipline problems
- Increased alcohol incidents
- Falling attention to detail

- Low morale
- Divided camps
- Equipment out of service
- Significant discipline issues
- Significant alcohol incidents
- Multiple drug incidents
- Vigilante missions

- Not mission capable
- Symptoms persist for more than 60 days, get worse, or get better but then come back worse
- Persistent trouble functioning

ACTIONS - Individuals and Families

- Maintain physical fitness/healthy eating
- Get adequate rest
- Improve knowledge and skills
- Strive to train hard
- Use alcohol in moderation, if at all
- Practice core values
- Build strong relationships
- Resolve conflicts effectively

READY

Includes all actions above and ...

- Be self aware
- Rest, eat and stay hydrated
- Talk with shipmate and/or family
- Scale back from excesses
- Practice relaxation
- Stress first aid

REACTING

Includes all actions above and ...

- Talk to leaders
- Seek guidance (chaplains, work-life, medical professionals)

INJURED

Includes all actions above and ...

- Seek treatment
- Follow treatment plan
- Build social support
- Set goals to get green

ILL

ACTIONS - Leaders

- Provide tough, realistic training
- Build unit cohesion
- Foster high morale and positive command climate
- Deglamorize alcohol and tobacco use

READY

Includes all actions above and ...

- Help Sailors maintain work-life balance
- Ensure adequate time for crew rest
- Encourage communication
- Conduct after action reviews
- Stress first aid

REACTING

Includes all actions above and ...

- Refer for early intervention
- Mitigate

INJURED

Includes all actions above and ...

- Refer to evaluation and treatment
- Communicate and coordinate with providers
- Reintegrate into unit

ILL

*Individuals with serious suicidal or homicidal thoughts require immediate assistance