

Key Points

- SFA is not one-size-fits-all.
- More than one core action can fit different stress reactions, so the decision of how to act will depend on a number of other factors, including:
 - How much time do you have to spend with this person?
 - What is the nature of your relationship?
 - Which action would bring the greatest benefit?
 - Which action would be most acceptable to the person?
 - Which action would foster the most recovery?
- It is important to keep an open, flexible stance towards stress injuries
- Use Stress First Aid as a framework for remembering the factors that should be considered when someone is exhibiting moderate to severe stress reactions