



Stress First Aid Agenda

Day 1 Session

February 21, 2024

9:00 am-1:00 pm

9:00 am-9:45 am	Introductions of Presenters / Exercise with Participants (Slides 4-6)
9:45 am-10:45 am	Overview of SFA, Understanding of Stress, Intro SFA Model, Group Discussion, Recognize Stress Zone & Continuum <ul style="list-style-type: none">• Slides 7-47 (Sue)
10:45am-10:55am	Break Slide 48
10:55 am-11:40 am	1 st -2 nd C's – Check, Coordinate <ul style="list-style-type: none">• Slides 49-67 (Sue)
11:40 am-11:50 am	Group Discussion/ Scenario Slide 68
11:50am-11:55am	Break Slide 69
11:55am-12:35pm	3 rd -4 th C's – Cover, Calm <ul style="list-style-type: none">• Slides -70 -103 (Shannon)
12:35 pm-12:45 pm	Group Discussion/ Scenario Slide 104
12:45 pm-1:00 pm	Summary / Questions / Assignments <ul style="list-style-type: none">• Slide 106 -108 (Sue)• Housekeeping Items (Jenn)