

Center for the Study of Traumatic Stress
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www.CSTSOnline.org



PA-STAR

Pandemic Activations — Select, Train, Assist, Reset

**Leader Support for Service Members
Working During COVID-19**



PRE-ACTIVATION

S ELECT

Be alert to those who may “carry in” additional stress to the activation:

- COVID history (self/family sick, someone close died)
- Concerns about civilian job
- Financial difficulties
- New unit members

T RAIN

- Provide info on activation tasks and duration
- Remind about strategies to reduce stress (e.g., regular sleep, hydration, exercise)
- Prepare for working in PPE
- Make time to integrate non-intact unit members

DURING ACTIVATION

A SSIST

- Walk around and talk with team members
- Be alert to high stress assignments
- Remind people their good work is valuable
- Encourage team members to support each other
- Facilitate exercise to reduce stress

- Help new unit members feel connected

POST-ACTIVATION

R ESET

- Discuss and share accomplishments
- Make time for team support
- Complete the PDHA & PDHRA
- Help people reconnect with family