



PA-STAR

Pandemic Activations — Select, Train, Assist, Reset

Leader Support for Service Members Working During COVID-19

PRE-ACTIVATION

SELECT

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

TRAIN

- 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

ASSIST

- 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

RESET

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