



# Operational Stress Control

## Program Facts

**Building resilient Sailors, families, and commands, and increasing the acceptance of seeking help for stress-related injuries and illnesses continues to be a top leadership priority.**

**OSC training has been presented to more than 31,000 Sailors as of July 31, 2014.**

**OSC training is an integral part of Navy enlisted and officer training and is offered at accession points and throughout career occupational milestones.**

**NAVADMIN 262/13 mandates that every deploying command must receive OSC training within six months of deployment.**

**To schedule training, contact your nearest OSC Mobile Training Team (MTT) office:**

**MTT West Offices 619-556-6640 or**  
[oscmwest@navy.mil](mailto:oscmwest@navy.mil)

**MTT East Offices 757-444-0500 or**  
[oscmteast@navy.mil](mailto:oscmteast@navy.mil)

Day-to-day life in the Navy can be extraordinarily stressful, but you can be better prepared for the inevitable challenges of military life by learning how to identify and navigate stress. Stress is a normal part of life, and we respond to it physically, emotionally, mentally, and spiritually. Stress can help us perform at our best, but too much can also hurt us. The Navy wants to safeguard Sailors and families by helping them become more resilient - the capacity to withstand, recover, grow, and adapt when faced with stress, adversity, and/or changing demands.

With the mission to promote an understanding of stress, awareness of support resources, and to provide practical stress navigation tools, the Navy established the Operational Stress Control (OSC) program. It takes a holistic approach to focus on building resilience by describing the sources and effects of stress to promote an understanding of the reactions and behaviors that can result from exposure to severe or prolonged stress. We want to encourage everyone to take needed action and create a Navy culture that rewards preventative actions and recognizes that seeking help is a sign of strength.

The OSC program provides training through two facilitated, small-group courses: Navy OSC Leader (NAVOSC-Lead) for commissioned officers and chief petty officers and Deckplate Leader OSC (DPL-OSC) for E4-E6 supervisors. OSC training teaches leader-focused actions and responsibilities to promote resilience in Sailors who are exposed to personal stressors, such as finances or family separations, and the operational stressors of routine or wartime military operations. Each course is characterized by interactive dialogue and case studies where real-life experiences highlight the impact of stress to demonstrate how application of stress navigation tools and leadership intervention can positively impact individual and command resilience and readiness.

The OSC program will know success when Sailors, families, and leaders:

- Work together to help themselves and others build resilience;
- Use that resilience and strength to navigate stress;
- Seek help for stress issues before they become problems;
- Consider seeking help as a sign of strength; and
- When shipmates who have received assistance for stress issues are fully integrated back into their commands and communities.

For additional information on the OSC program, resources, or tools, visit [www.navynavstress.com](http://www.navynavstress.com).

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