

The Stress Continuum Model Helps us Recognize Stress Early and Move it to the More Manageable ‘Colors’ of the Continuum

READY	REACTING	INJURED	ILL				
<p>Definition</p> <ul style="list-style-type: none"> • Rested • Restored • Relaxed <p>Features</p> <ul style="list-style-type: none"> • Calm and Steady • Time for self care • Motivated <p>Your Role</p> <ul style="list-style-type: none"> • Maintain self care and stay connected • Able to help others 	<p>Definition</p> <ul style="list-style-type: none"> • Strained • Normal daily stress • Able to recover <p>Features</p> <ul style="list-style-type: none"> • Feeling irritable, anxious or down • Loss of focus or motivation • Difficulty sleeping <p>Your Role</p> <ul style="list-style-type: none"> • Monitor your own well-being • Alternate exertion w/ rest 	<p>Definition</p> <ul style="list-style-type: none"> • Becoming harmed by stress • Persistent strain <p>Features</p> <ul style="list-style-type: none"> • Not feeling like oneself • Loss of control - panicky • Excessive worry, guilt, anger, hopelessness <p>Your Role</p> <ul style="list-style-type: none"> • Recognize stress injuries early • Remember and use the STRIDE approach <div data-bbox="1528 1951 2119 2145" style="background-color: white; padding: 5px; margin-top: 10px;"> <p style="text-align: center;"><u>Causes</u></p> <table border="0"> <tr> <td>Wear and tear</td> <td>Loss</td> </tr> <tr> <td>Moral Injury</td> <td>Traumatic stress</td> </tr> </table> </div>	Wear and tear	Loss	Moral Injury	Traumatic stress	<p>Definition</p> <ul style="list-style-type: none"> • Impairment in functioning • Impact on quality of life <p>Features</p> <ul style="list-style-type: none"> • Unaddressed Orange Zone Stress injuries • Persistent and severe symptoms of distress <p>Your Role</p> <ul style="list-style-type: none"> • Accepting support • Link into care • Recovery mindset • Gradual return
Wear and tear	Loss						
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