

# Stress Continuum Model

<b>READY</b> (Green)	<b>REACTING</b> (Yellow)
<b>DEFINITION</b> <ul style="list-style-type: none"> <li>Optimal functioning</li> <li>Adaptive growth</li> <li>Wellness</li> </ul> <b>FEATURES</b> <ul style="list-style-type: none"> <li>At one's best</li> <li>Well-trained and prepared</li> <li>In control</li> <li>Physically, mentally and spiritually fit</li> <li>Mission-focused</li> <li>Motivated</li> <li>Calm and steady</li> <li>Having fun</li> <li>Behaving ethically</li> </ul>	<b>DEFINITION</b> <ul style="list-style-type: none"> <li>Mild and transient distress or impairment</li> <li>Always goes away</li> <li>Low risk</li> </ul> <b>CAUSES</b> <ul style="list-style-type: none"> <li>Any stressor</li> </ul> <b>FEATURES</b> <ul style="list-style-type: none"> <li>Feeling irritable, anxious or down</li> <li>Loss of motivation</li> <li>Loss of focus</li> <li>Difficulty sleeping</li> <li>Muscle tension or other physical changes</li> <li>Not having fun</li> </ul>
<b>INJURED</b> (Orange)	<b>ILL</b> (Red)
<b>DEFINITION</b> <ul style="list-style-type: none"> <li>More severe and persistent distress or impairment</li> <li>Leaves a scar</li> <li>Higher risk</li> </ul> <b>CAUSES</b> <ul style="list-style-type: none"> <li>Life threat</li> <li>Loss</li> <li>Moral injury</li> <li>Wear and tear</li> </ul> <b>FEATURES</b> <ul style="list-style-type: none"> <li>Loss of control</li> <li>Panic, rage or depression</li> <li>No longer feeling like normal self</li> <li>Excessive guilt, shame or blame</li> <li>Misconduct</li> </ul>	<b>DEFINITION</b> <ul style="list-style-type: none"> <li>Clinical mental disorder</li> <li>Unhealed stress injury causing life impairment</li> </ul> <b>TYPES</b> <ul style="list-style-type: none"> <li>PTSD</li> <li>Depression</li> <li>Anxiety</li> <li>Substance use disorders</li> </ul> <b>FEATURES</b> <ul style="list-style-type: none"> <li>Symptoms persist and worsen over time</li> <li>Severe distress or social or occupational impairment</li> </ul>

# 4 Causes of Stress Injury

## Trauma

### ***A traumatic injury***

Due to the experience of or exposure to intense injury, horrific or gruesome experiences, or death.

## Loss

### ***A grief injury***

Due to the loss of people, things or parts of oneself.

## Inner Conflict

### ***A moral injury***

Due to behaviors or the witnessing of behaviors that violate moral values.

## Wear and Tear

### ***A fatigue injury***

Due to the accumulation of stress from all sources over time without sufficient rest and recovery.