

Stress Continuum Model

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

4 Causes of Stress Injury

Trauma	Loss
A traumatic injury Due to the experience of or exposure to intense injury, horrific or gruesome experiences, or death.	A grief injury Due to the loss of people, things or parts of oneself.
Inner Conflict	Wear and Tear
A moral injury Due to behaviors or the witnessing of behaviors that violate moral values.	A fatigue injury Due to the accumulation of stress from all sources over time without sufficient rest and recovery.