

Stress Continuum Model

READY (Green)

DEFINITION

- ✧ Optimal functioning
- ✧ Adaptive growth
- ✧ Wellness

FEATURES

- ✧ 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

REACTING (Yellow)

DEFINITION

- ✧ Mild and transient distress or impairment
- ✧ Always goes away
- ✧ Low risk

FEATURES

- ✧ Feeling irritable, anxious or down
- ✧ Loss of motivation
- ✧ Loss of focus
- ✧ Difficulty sleeping
- ✧ Muscle tension or other physical changes
- ✧ Not having fun

CAUSES

- ✧ Any stressor

INJURED (Orange)

DEFINITION

- ✧ More severe and persistent distress or impairment
- ✧ Leaves a scar
- ✧ Higher risk

FEATURES

- ✧ Loss of control
- ✧ Panic, rage or depression
- ✧ No longer feeling like normal self
- ✧ Excessive guilt, shame or blame

CAUSES

- ✧ Life threat
- ✧ Loss
- ✧ Moral injury
- ✧ Wear and tear

ILL (Red)

DEFINITION

- ✧ Clinical mental disorder
- ✧ Unhealed stress injury causing life impairment

FEATURES

- ✧ Symptoms persist and worsen over time
- ✧ Severe distress or social or occupational impairment

TYPES

- ✧ PTSD
- ✧ Depression
- ✧ Anxiety
- ✧ Substance abuse