

Stress Continuum



READY

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

DEFINITION

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



CAUSES

- Any stressor

FEATURES

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

INJURED

DEFINITION

- More severe and persistent distress or impairment
- Leaves an emotional scar
- Higher risk



CAUSES

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

FEATURES

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

ILL

DEFINITION

- Condition that could benefit from mental health treatment
- Unhealed stress injury causing life impairment



CAUSES

- PTSD
- Depression
- Anxiety
- Substance abuse

FEATURES

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

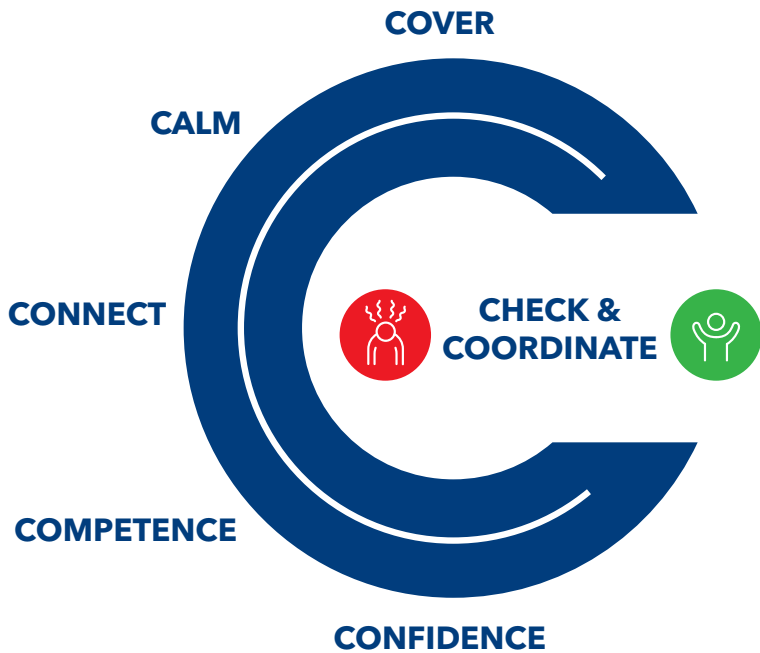
◀ **THRIVING**
"I've got this"

SURVIVING
"Something isn't right"

STRUGGLING
"I can't keep this up"

IN CRISIS
"I can't survive this" ▶

The seven Cs of Stress First Aid.



Check: Assess – observe and listen.

Coordinate: Get help. Refer as needed.

Cover: Re-establish safety.

Calm: Relax, slow down, refocus.

Connect: Get support from others.

Competence:
Focus on skills and problem-solving.

Confidence:
Restore self-esteem and hope.



www.MedStarHealth.org/Wellbeing