



Stress Continuum Model



Stressor!

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
DEFINITION Adaptive coping and mastery Optimal functioning Wellness	DEFINITION Mild and transient distress or loss of optimal functioning	DEFINITION More severe and persistent distress or loss of function Leaves a "scar" Higher risk for illness	DEFINITION Persistent and disabling distress or loss of function Clinical mental disorders
FEATURES Well trained and prepared Fit and focused In control Optimally effective Behaving ethically Having fun	FEATURES Always goes away Low risk for illness Irritable, angry Anxious or depressed Physically too pumped up or tired Loss of complete self control Poor focus Poor sleep Not having fun	CAUSES Life threat Loss Inner conflict Wear and tear FEATURES Panic or rage Loss of control of body or mind Can't sleep Recurrent nightmares or bad memories Persistent shame, guilt, or blame Loss of moral values & beliefs	TYPES PTSD Depression Anxiety Substance abuse FEATURES Symptoms and disability persist over many weeks Symptoms and disability get worse over time
Unit Leader Responsibility	Individual, Snipmate, Family Responsibility		Caregiver Responsibility



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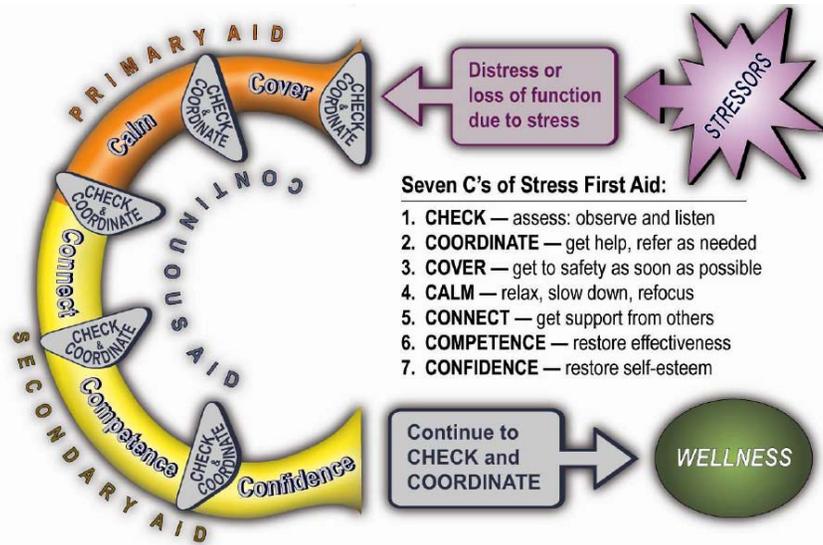


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Stress First-Aid (SFA)

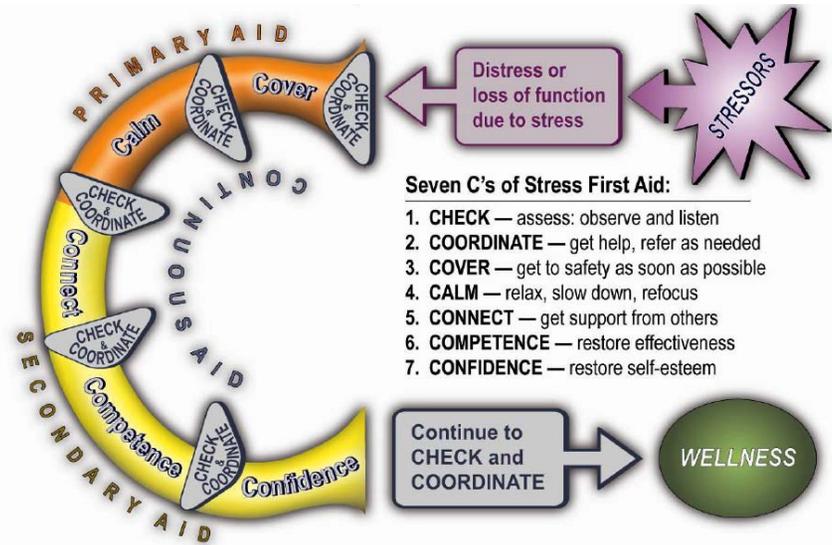


Seven C's of Stress First Aid:

1. **CHECK** — assess: observe and listen
2. **COORDINATE** — get help, refer as needed
3. **COVER** — get to safety as soon as possible
4. **CALM** — relax, slow down, refocus
5. **CONNECT** — get support from others
6. **COMPETENCE** — restore effectiveness
7. **CONFIDENCE** — restore self-esteem



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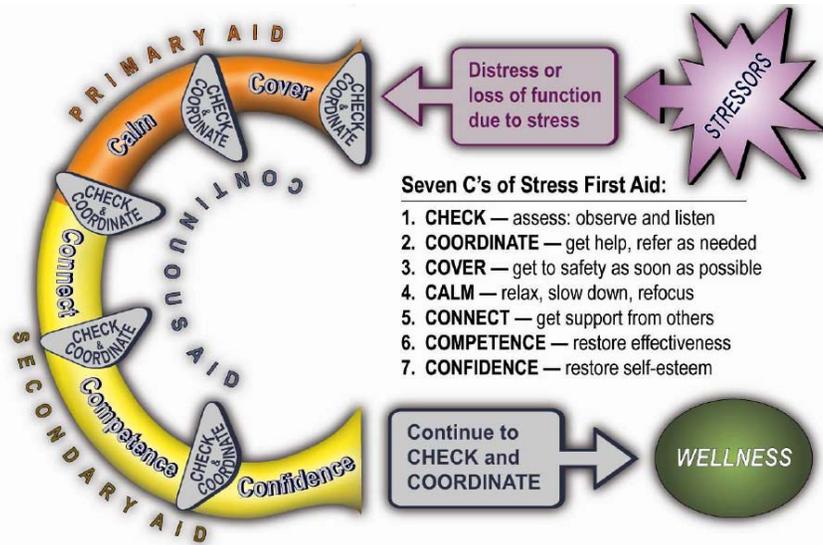


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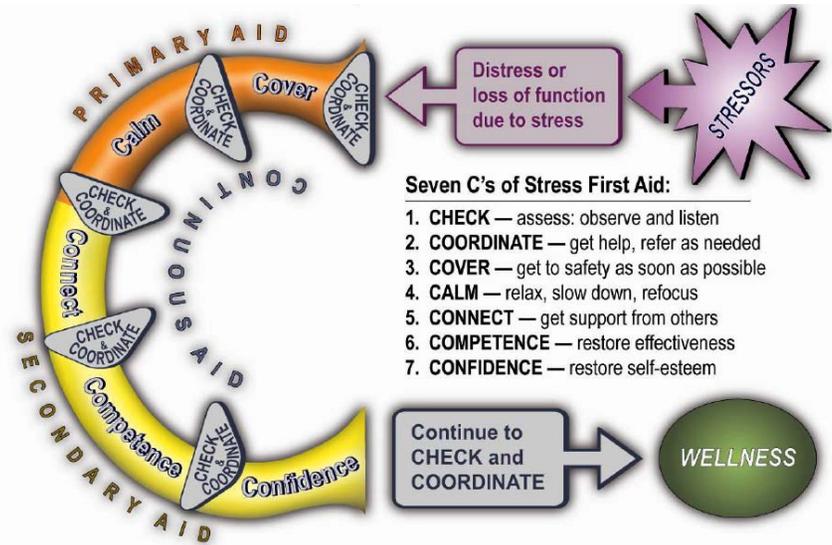


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