



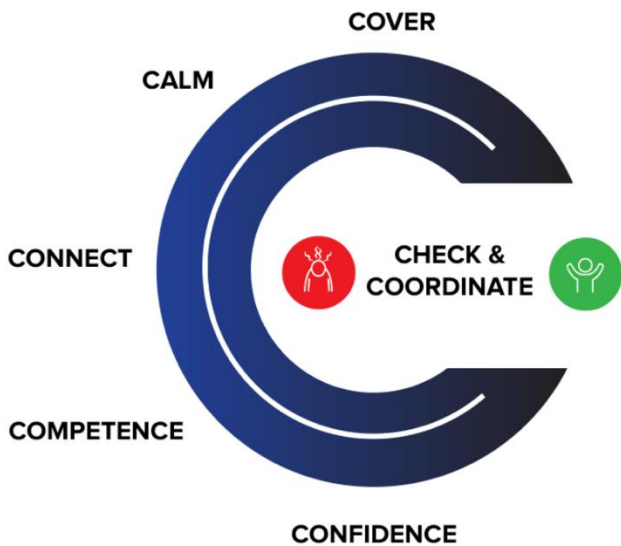


Stress Continuum Model

READY	REACTING	INJURED	ILL
<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 changes Not having fun 	<p>DEFINITION</p> <ul style="list-style-type: none"> More severe and persistent distress or impairment Leaves an emotional 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 	<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 abuse <p>FEATURES</p> <ul style="list-style-type: none"> Symptoms persist and worsen over time Severe distress or social or occupational impairment Hopelessness 

Examples of Wellness Strategies Using the 7 Cs of Stress First Aid.



Check: Which zone of the Stress Continuum are you in today?

Coordinate: Check out the MedStar wellbeing resources at the QR code above or medstarhealth.org/wellbeing.

Cover: Imagine yourself in a place you feel completely safe – create a vivid image of the place in your mind, imagine what you would see, hear, smell, feel, taste there.

Calm: Take a few slow, deep breaths. Try to release muscle tension with each exhale.

Connect: Talk to a trusted friend or colleague – never worry alone!

Competence: Focus on one next step to solve a problem or lighten your load.

Confidence: Remind yourself of a reason you do your job or an important value in your life.