

Stress Continuum: Visual Assessment Tool

READY (Green) I'm thriving	REACTING (Yellow) I'm surviving	INJURED (Orange) I'm struggling	ILL (Red) I'm in crisis
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	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 physical changes - Not having fun	DEFINITION - More severe and persistent distress or impairment - Leaves a scar - Higher risk CAUSES - Trauma - Loss - Moral injury - Wear and tear FEATURES - Loss of control - Panic, rage or depression No longer feeling like normal self - Excessive guilt, shame, blame - Misconduct	DEFINITION - Clinical mental disorder - Unhealed stress injury causing life impairment TYPES - PTSD - Depression - Anxiety - Substance use disorders FEATURES - Symptoms persist, worsen over time - Severe distress or social, occupational impairment

Adapted from National Center for PTSD