Where are you Today? The Stress Continuum Model

The Stress Continuum Model is a visual tool for assessing an individual's stress responses and forms the foundation of Stress First Aid. The model aims to reduce stigma by increasing our knowledge that where you are on the continuum can change. The model helps develop a common language to discuss our stress responses.

<table>
<thead>
<tr>
<th>GREEN</th>
<th>Yellow</th>
<th>Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>READY</td>
<td>REACTING</td>
<td>INJURED</td>
<td>ILL</td>
</tr>
</tbody>
</table>

**Definition**
- Green: Rested
- Yellow: Strained
- Orange: Harmed by stress
- Red: Impairment in functioning

**Causes**
- Green: Fulfilling roles
- Yellow: Normal daily stress
- Orange: Wear and tear
- Red: Unhealed Orange Zone Stress injuries

**Your Role**
- Green: Accessing wellbeing resources
- Yellow: Alternate exertion with rest
- Orange: Recognize stress injuries early
- Red: Link into care

**While it is normal to react to stress, there’s not a “right” way to react to stress.**

Please scan the QR code or click here for Firefighter Stress Management- 6 Minutes for Safety

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