




## 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.

*While it is normal to react to stress, there's not a "right" way to react to stress.*

GREEN	Yellow	Orange	Red
READY	REACTING	INJURED	ILL
<b>Definition</b> <ul style="list-style-type: none"> <li>• Rested</li> <li>• Restored</li> <li>• Relaxed</li> </ul> <b>Causes</b> <ul style="list-style-type: none"> <li>• Fulfilling roles</li> <li>• Time for self care</li> <li>• Rest &amp; Relaxation</li> <li>• Plenty of resources</li> </ul> <b>Your Role</b> <ul style="list-style-type: none"> <li>• Accessing wellbeing resources</li> <li>• Self care</li> <li>• Other care</li> </ul>	<b>Definition</b> <ul style="list-style-type: none"> <li>• Strained</li> <li>• Able to recover</li> </ul> <b>Causes</b> <ul style="list-style-type: none"> <li>• Normal daily stress</li> <li>• Not being pushed too far or too hard</li> </ul> <b>Your Role</b> <ul style="list-style-type: none"> <li>• Alternate exertion with rest</li> <li>• Monitor your own well-being</li> </ul>	<b>Definition</b> <ul style="list-style-type: none"> <li>• Harmed by stress</li> <li>• Pain</li> </ul> <b>Causes</b> <ul style="list-style-type: none"> <li>• Wear and tear</li> <li>• Loss</li> <li>• Moral injury</li> <li>• Traumatic stress</li> </ul> <b>Your Role</b> <ul style="list-style-type: none"> <li>• Recognize stress injuries early</li> <li>• Remember and use the 7 C's of Stress First Aid</li> </ul>	<b>Definition</b> <ul style="list-style-type: none"> <li>• Impairment in functioning</li> <li>• Disease</li> <li>• Loss of quality of life</li> </ul> <b>Causes</b> <ul style="list-style-type: none"> <li>• Unhealed Orange Zone Stress injuries</li> <li>• Secondary conditions</li> </ul> <b>Your Role</b> <ul style="list-style-type: none"> <li>• Link into care</li> <li>• Recover</li> <li>• Return</li> </ul> 

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

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