Stress Continuum: Definition, Causes, and Your Role

**READY**

**Definition**
- Rested
- Restored
- Relaxed

**Causes**
- Fulfilling roles
- Time for self care
- Rest & Relaxation
- Plenty of resources

**Your Role**
- Accessing wellbeing resources
- Self care
- Other care

**REACTING**

**Definition**
- Strained
- Able to recover

**Causes**
- Normal daily stress
- Not being pushed too far or too hard

**Your Role**
- Alternate exertion with rest
- Monitor your own well-being
- Offer support

**INJURED**

**Definition**
- Harmed by stress
- Pain

**Causes**
- Life threat
- Loss
- Moral injury
- Wear and tear

**Your Role**
- Recognize stress injuries early
- Remember and use the 7 C’s of Stress First Aid

**ILL**

**Definition**
- Impairment in functioning
- Disease
- Loss of quality of life

**Causes**
- Unhealed Orange Zone Stress injuries
- Secondary conditions

**Your Role**
- Link into care
- Recover
- Return

**Stress First Aid**

The Seven Cs of Stress First Aid:

1. **Check** on stress reactions
2. **Coordinate** with other resources and more intensive support
3. **Cover** actions improve sense of safety
4. **Calm** with presence, information and supportive actions
5. **Connect** with social support
6. **Competence** actions foster work, social and wellbeing skills
7. **Confidence** actions rebuild self-image, trust, meaning and hope