

Stress Continuum: Definition, Causes, and Your Role

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

Stress First Aid

The Seven Cs of Stress First Aid:

1. **C**heck on stress reactions
2. **C**oordinate with other resources and more intensive support
3. **C**over actions improve sense of safety
4. **C**alm with presence, information and supportive actions
5. **C**onnect with social support
6. **C**ompetence actions foster work, social and wellbeing skills
7. **C**onfidence actions rebuild self-image, trust, meaning and hope

