

Stress Continuum Model – Where are you Today?

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

Stress Continuum Model

READY <small>(Green)</small>	REACTING <small>(Yellow)</small>	INJURED <small>(Orange)</small>	ILL <small>(Red)</small>
<p>DEFINITION</p> <ul style="list-style-type: none"> ❖ Optimal functioning ❖ Adaptive growth ❖ Wellness <p>FEATURES</p> <ul style="list-style-type: none"> ❖ 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 	<p>DEFINITION</p> <ul style="list-style-type: none"> ❖ Mild and transient distress or impairment ❖ Always goes away ❖ Low risk <p>FEATURES</p> <ul style="list-style-type: none"> ❖ Feeling irritable, anxious or down ❖ Loss of motivation ❖ Loss of focus ❖ Difficulty sleeping ❖ Muscle tension or other physical changes ❖ Not having fun <p>CAUSES</p> <ul style="list-style-type: none"> ❖ Any stressor 	<p>DEFINITION</p> <ul style="list-style-type: none"> ❖ More severe and persistent distress or impairment ❖ Leaves a scar ❖ Higher risk <p>FEATURES ★</p> <ul style="list-style-type: none"> ❖ Loss of control ❖ Panic, rage or depression ❖ No longer feeling like normal self ❖ Excessive guilt, shame or blame <p>CAUSES</p> <ul style="list-style-type: none"> ❖ Life threat ❖ Loss ❖ Inner conflict ❖ Wear and tear 	<p>DEFINITION</p> <ul style="list-style-type: none"> ❖ Clinical mental disorder ❖ Unhealed stress injury causing life impairment <p>FEATURES</p> <ul style="list-style-type: none"> ❖ Symptoms persist and worsen over time ❖ Severe distress or social or occupational impairment <p>TYPES</p> <ul style="list-style-type: none"> ❖ PTSD ❖ Depression ❖ Anxiety ❖ Substance abuse



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.

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

<https://www.nwccg.gov/committee/6mfs/firefighter-stress-management>

