

Stress Continuum Model

www.nccosc.navy.mil.

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<p><u>DEFINITION</u></p> <ul style="list-style-type: none"> • Optimal functioning • Adaptive growth • Wellness <p><u>FEATURES</u></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 • Behaving ethically • Having fun 	<p><u>DEFINITION</u></p> <ul style="list-style-type: none"> • Mild and transient distress or loss of functioning • Always goes away • Low risk for illness <p><u>CAUSES</u></p> <ul style="list-style-type: none"> • Any Stressor <p><u>FEATURES</u></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><u>DEFINITION</u></p> <ul style="list-style-type: none"> • More severe and persistent distress or loss of function • Leaves a "scar" • Higher risk for illness <p><u>CAUSES</u></p> <ul style="list-style-type: none"> • Life Threat • Loss • Inner Conflict • Wear and Tear <p><u>FEATURES</u></p> <ul style="list-style-type: none"> • Loss of control • Panic, rage, or depressed mood • Substance Abuse • Not feeling like normal self • Excessive guilt, shame, or blame • Diminished sense of purpose, meaning, or hope in the future 	<p><u>DEFINITION</u></p> <ul style="list-style-type: none"> • Unhealed stress injury causing life impairment • Clinical mental disorder <p><u>TYPES</u></p> <ul style="list-style-type: none"> • PTSD • Depression • Anxiety • Substance Dependence <p><u>FEATURES</u></p> <ul style="list-style-type: none"> • Symptoms persist and worsen over time • Severe distress, social or occupational impairment
<p>Unit Leader Responsibility</p>	<p>Individual, Peer, Family Responsibility</p>		<p>Caregiver Responsibility</p>

4 Mental Habits to Reduce Stress and Burnout



Wake Up



Focus on the present, not the past or future

Control Your Attention



Train your mind: practice focusing consciously

Detach



Get some space to maintain perspective

Let Go



Don't continue to ruminate; let it go

HEALTHY HABITS TO RELIEVE STRESS

- 1 WALK THE DOG
- 2 GARDEN
- 3 TAKE A HOT BATH
- 4 PLAY SOOTHING MUSIC
- 5 LIGHT CANDLES
- 6 MEDITATE
- 7 LAUGH
- 8 WRITE IN A JOURNAL

