

READY

(Green)

DEFINITION

- ✧ Optimal functioning
- ✧ Adaptive growth
- ✧ Wellness

You have the focus to help others.

Continue to balance your rest and sleep.

Practice gratitude



What went well today?

REACTING

(Yellow)

DEFINITION

- ✧ Mild and transient distress or impairment
- ✧ Always goes away

Slow down your body for a moment when reacting to stress.

Use the breath to calm and focus.

"GEL IN AND BREATHE"



INJURED

(Orange)

DEFINITION

- ✧ More severe and persistent distress or impairment

Feeling that moments and things in your life are getting out of control?



Stop: pause for a moment

Take a Breath: to calm

Observe: what am I feeling?

What are my goals?

What are my choices?

Proceed with awareness

ILL

(Red)

DEFINITION

- ✧ Unhealed stress injury causing life impairment
- ✧ Activating other symptoms

Having difficulty thinking about how much longer you can keep doing this?

Talk with a peer or a leader.

For confidential help contact FEAP at <https://uvafeap.com/>



Wisdom &
Wellbeing



www.medicalcenter.virginia.edu/wwwp