

# Stress Continuum

Ready	Reacting	Injured	ILL
<p><u>DEFINITION</u></p> <p>Adaptive coping Effective functioning Well-being</p> <p><u>SOURCES</u></p> <p>Balanced life activity Practical Wisdom</p> <p><u>FEATURES</u></p> <p>In control Calm and steady Getting the job done Motivated Maintaining humor Sleeping enough Ethical and moral behavior</p>	<p><u>DEFINITION</u></p> <p>Mild and transient distress Responding to multiple demands at work and home</p> <p><u>SOURCES</u></p> <p>Any Stressor</p> <p><u>FEATURES</u></p> <p>Increased energy / HR Change in focus ↑↓ Alert for threats Changes in mood (worry, anxious, irritable, angry) Physical changes (poor sleep, aches and pains) Social changes (isolation, hyperactive, loud, numb)</p>	<p><u>DEFINITION</u></p> <p>Persistent distress Behavior change related to strong multiple stressors</p> <p><u>SOURCES</u></p> <ul style="list-style-type: none"> <li>▪ Wear and Tear</li> <li>▪ Inner Conflict</li> <li>▪ Life Threat</li> <li>▪ Loss</li> </ul> <p><u>FEATURES</u></p> <p>Loss of control of mood, social, or physical reactions (panic, rage, guilt, shame, social numbing or isolation, poor sleep, moral compass affected) No longer feeling like normal self</p>	<p><u>DEFINITION</u></p> <p>Unhealed stress injury causing life impairment Additional stress or risk factors</p> <p><u>SOURCES</u></p> <p>Clinical mental disorders (depression, anxiety, substance abuse, PTSD)</p> <p><u>FEATURES</u></p> <p>Symptoms persist and worsen &gt; 30 days Severe distress Social or occupational impairment</p>