Four Sources of Stress Injury

- **Life Threat**
  - A traumatic injury due to an experience of death-provoking terror, horror, or helplessness

- **Loss**
  - A grief injury due to the loss of cherished people, things or parts of oneself

- **Inner Conflict**
  - A moral injury due to behaviors or the witnessing of behaviors that violate moral values

- **Wear & Tear**
  - A fatigue injury due to the accumulation of stress from all sources over time without sufficient rest and recovery