### Addressing the Fundamentals: The Stress Continuum

<table>
<thead>
<tr>
<th>READY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Green)</td>
<td>(Yellow)</td>
<td>(Orange)</td>
<td>(Red)</td>
</tr>
</tbody>
</table>
| • Good to go  
  • Well trained  
  • Prepared  
  • Fit and focused  
  • Cohesive units & ready families | • Distress or impairment  
  • Mild and transient  
  • Anxious, irritable, or sad  
  • Behavior change | • More severe or persistent distress or impairment  
  • Leaves lasting memories, reactions, and expectations | • Stress injuries that don’t heal without help  
  • Symptoms and impairment persist over many weeks or get worse over time |

**Unit Leader Responsibility**

**Individual, Peer, Family Responsibility**

**Caregiver Responsibility**