

# Addressing the fundamentals: The stress continuum

| <b>READY</b><br>(Green)  | <b>REACTING</b><br>(Yellow)  | <b>INJURED</b><br>(Orange)  | <b>ILL</b><br>(Red)   |
|--|--|---|---|
| <ul style="list-style-type: none"><li>• Good to go</li><li>• Well trained</li><li>• Prepared</li><li>• Fit and focused</li><li>• Cohesive units &amp; ready families</li></ul> | <ul style="list-style-type: none"><li>• Distress or impairment</li><li>• Mild and transient</li><li>• Anxious, irritable, or sad</li><li>• Behavior change</li></ul> | <ul style="list-style-type: none"><li>• More severe or persistent distress or impairment</li><li>• Leaves lasting memories, reactions, and expectations</li></ul> | <ul style="list-style-type: none"><li>• Stress injuries that don't heal without help</li><li>• Symptoms and impairment persist over many weeks or get worse over time</li></ul> |
| Unit Leader Responsibility   | Individual, Peer, Family Responsibility  |   | Caregiver Responsibility  |

