Stress Continuum Support Resources
“Grow the Green”

**Ready**
- Positive Practices
  - Attention
  - Awareness
  - Self-mastery
  - Fostering Positive Emotion
  - Compassion
  - Communication

**Reacting**
- Huddles
- Active problem solving
- Unit stress mitigation strategies
- Peer Support
- Stress communication skills
- Stress reduction skills
- Engage additional coping resources
- EAP Stress management skills

**Injured**
- Peer Support: Stress First Aid
- Leader Support:
  - Mentoring and Coaching
  - Early Referrals
- Voluntary EAP resources for specific injury behaviors
- Ethics Consults

**Ill**
- Voluntary and Mandatory Referrals
- EAP Work Med
- Mental Illness Treatment