## RESPONDER STRESS CONTINUUM

#### **READY**

# Sense of mission Spiritually and emotionally Healthy Physically Healthy Emotionally Availability

Healthy Sleep Enjoying Sense of Joy/Vitality Room for complexity

#### REACTING

# Cynicism Work avoidance Loss of interest Distance from others Short fuse CHANGE

Life feels 'bleh'
Lack of motivation
Fatigue/weariness
Sleep Disturbance

### **INJURED**

Sleep disturbances Numbing and avoiding Burnout Nightmares Trapped

Distant from life
Exhausted
Physical
Symptoms
" I usta"

#### ILL

Hopelessness
Anxiety
Depression
Intrusive thoughts
Feeling lost or out
of control
Insomnia

Thought of suicide
Self blame
Hiding out
Broken
relationships
Careless mistakes
Panic

### IF YOU ARE ↑ THEN ↓

## TO STAY MISSION READY

Keep fit, eat right, relax

## TO RECOVER AND BUILD RESILIENCE

Get adequate sleep, talk to someone you trust

#### TO BEGIN HEALING

Talk to a chaplain, counselor, or medical provider

#### TO GET HELP

Seek medical treatment