

Stress Continuum Model



Ready	Reacting	Injured	ILL
<p>Green Zone features</p> <ul style="list-style-type: none"> Adaptive coping Effective functioning Mental & physical well-being Getting the job done Ethical & moral behavior <p>Opportunities to</p> <ul style="list-style-type: none"> Learn new skills & practices Care for others “Grow the Green” Develop wisdom 	<p>Yellow Zone features</p> <ul style="list-style-type: none"> Responding to multiple stressors at work and home This is normal! Stressors will go away. <p>Opportunities to</p> <ul style="list-style-type: none"> Slow down for a moment in response to stress. Use your breath to calm and focus. Practice the “Gel In & Breathe” technique 	<p>Orange Zone features</p> <ul style="list-style-type: none"> Responding to strong and/or multiple stressors More severe or persistent distress or loss of function Loss of mood control Feelings that things in your life are out of your control <p>What you can do</p> <ul style="list-style-type: none"> Use the S.T.O.P. technique Check out additional stress injury resources on the WWB web page. 	<p>Red Zone features</p> <ul style="list-style-type: none"> Unhealed stress injury causing life impairment Clinical mental disorder (depression, anxiety, substance abuse, PTSD) Symptoms persist and worsen > 30 days <p>What you must do</p> <ul style="list-style-type: none"> Talk to a peer or leader. Seek confidential help at F.E.A.P. or other provider.