



RESPONDER STRESS CONTINUUM

| READY | REACTING | INJURED | CRITICAL |
|-----------------------------------|----------------------|-------------------------|--------------------------------|
| Sense Of Mission | Sleep Loss | Sleep Issues | Insomnia |
| Spiritually & Emotionally Healthy | Change In Attitude | Emotional Numbness | Hopelessness |
| Physically Healthy | Criticism | Burnout | Anxiety & Panic |
| Emotionally Available | Avoidance | Nightmares | Depression |
| Healthy Sleep | Loss Of Interest | Disengaged | Intrusive Thoughts |
| Gratitude | Distance From Others | Exhausted | Feeling Lost Or Out Of Control |
| Vitality | Short Fuse | Physical Symptoms | Blame |
| Room For Complexity | Cutting Corners | Feeling Trapped | Hiding Out |
| | Loss Of Creativity | Relationships Suffering | Broken Relationships |
| | Lack Of Motivation | Isolation | Thoughts Of Suicide |
| | Fatigue | | |

ADAPTED FROM COMBAT AND OPERATIONAL STRESS FIRST AID BY LAURA MCGLADREY | RESPONDERALLIANCE.COM