

The Stress Continuum

READY Green zone	REACTING Yellow Zone	INJURED Orange zone	ILL Red zone
<ul style="list-style-type: none"> • Optimal functioning • Adaptive growth • Wellness • At your best • Motivated • Calm & steady • Physically, mentally, spiritually fit • Having fun <p>“No problem”</p>	<ul style="list-style-type: none"> • Mild or transient distress and/or impairment • Always goes away • Low risk • Irritable, anxious • Loss of motivation • Loss of focus • Tension • Not having fun <p>“I can do it!”</p>	<ul style="list-style-type: none"> • More severe and persistent distress or impairment • Leaves a scar • Higher risk • Loss of control • Rage, panic, depression • Guilt, shame, blame <p>“Ugh.”</p>	<ul style="list-style-type: none"> • Unhealed stress injury causing life impairment • Symptoms reach clinical levels • Symptoms get worse • Severe distress or impairment in job or social life <p>“ !!! ”</p>

STRESS FIRST AID



- Green
- Yellow
- Orange
- Red

✓ **Where are you on the Stress Continuum today?**

✓ **Where are your coworkers?**



for **STRESS**
resources

or Google:
Ithaca College
Stress First Aid
<https://www.ithaca.edu/gerontology-institute/finger-lakes-geriatric-education-center/stress-first-aid>

