

RESPONDER STRESS CONTINUUM

READY

Sense Of Mission
Spiritually &
Emotionally Healthy
Physically Healthy
Emotionally Available
Healthy Sleep
Gratitude
Vitality
Room For Complexity

REACTING

Sleep Loss
Change In Attitude
Criticism
Avoidance
Loss Of Interest
Distance
From Others
Short Fuse
Cutting Corners
Loss Of Creativity
Lack Of Motivation
Fatigue

INJURED

Sleep Issues
Emotional Numbness
Burnout
Nightmares
Disengaged
Exhausted
Physical Symptoms
Feeling Trapped
Relationships
Suffering
Isolation

CRITICAL

Insomnia
Hopelessness
Anxiety & Panic
Depression
Intrusive Thoughts
Feeling Lost Or
Out Of Control
Blame
Hiding Out
Broken Relationships
Thoughts Of Suicide