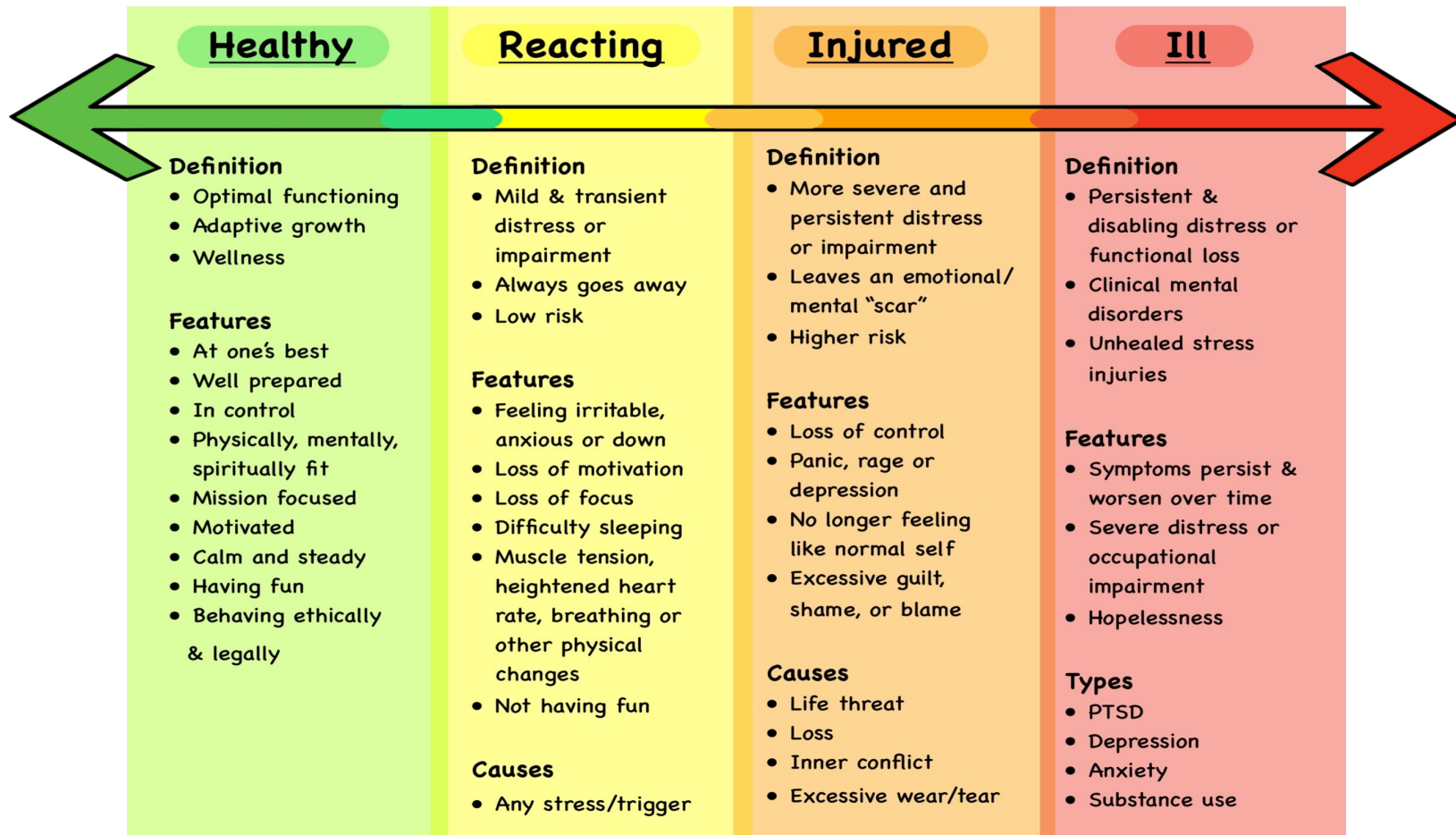


How are you doing?

Emotional Stress Continuum



Adapted From: Nash, W.P. (2011). US Marine Corps and Navy combat and operational stress continuum model: A tool for leaders. *Combat and operational behavioural health*, 107-119.

You've got this.
We've got you!

