## How are you doing?

### Emotional Stress Continuum

<table>
<thead>
<tr>
<th>Healthy</th>
<th>Reacting</th>
<th>Injured</th>
<th>Ill</th>
</tr>
</thead>
</table>

#### Healthy
- **Definition**: Optimal functioning
- **Features**: At one’s best, Well prepared, In control, Physically, mentally, spiritually fit, Mission focused, Motivated, Calm and steady, Having fun, Behaving ethically & legally
- **Causes**: Any stress/trigger

#### Reacting
- **Definition**: Mild & transient distress or impairment
- **Features**: Feeling irritable, anxious or down, Loss of motivation, Loss of focus, Difficulty sleeping, Muscle tension, heightened heart rate, breathing or other physical changes
- **Causes**: Any stress/trigger

#### Injured
- **Definition**: More severe and persistent distress or impairment
- **Features**: Loss of control, Panic, rage or depression, No longer feeling like normal self, Excessive guilt, shame, or blame
- **Causes**: Life threat, Loss, Inner conflict, Excessive wear/tear

#### Ill
- **Definition**: Persistent & disabling distress or functional loss
- **Features**: Symptoms persist & worsen over time, Severe distress or occupational impairment
- **Causes**: PTSD, Depression, Anxiety, Substance use

---


---

You’ve got this.
We’ve got you!