

Building Resilience: One Step at a Time

The Stress Continuum Model

What is the Stress Continuum Model and Stress First Aid?

- The stress continuum model is the foundation for the Stress First Aid model (SFA)
- SFA was developed for helping workers in high stress occupations
 - COVID-19 has caused healthcare to be a highly stressful place to work
- SFA works to identify and address signs of stress early on and continuously
- The stress continuum model is way to visualize your and others' response to stress

What does the stress continuum model look like?

- The stress continuum model is broken up into four parts, four colors
- The idea of the continuum is that everyone will react when faced with stress, but stress responses land on a spectrum based on preparedness and resilience
- During a response to stress someone can also switch between colors quickly

What does it mean to be in the Green Zone?	What does it mean to be in the Yellow Zone?	What does it mean to be in the Orange Zone?	What does it mean to be in the Red Zone?
<p>Ready</p> <p>A state of wellness, optimal functioning and growth.</p> <p>A person feels at their best. They feel prepared, in control, motivated, calm. They are physically, mentally and spiritually fit. They are behaving ethically and having fun.</p>	<p>Reacting</p> <p>A state of mild distress or impairment, caused by any stressor, that goes away.</p> <p>A person may feel anxious, down or unhappy. They may lose focus or motivation. Physical changes, muscle tension and difficulty sleeping may occur.</p>	<p>Injured</p> <p>A state of more severe or persistent distress, that leaves an impact or scare.</p> <p>This could be caused by encountering life threatening situations, loss, inner moral conflicts, and wear and tear. A person in this zone feels total loss of control and not like their normal self. Panic, depression, and excessive guilt are common.</p>	<p>Ill</p> <p>A person has a clinical mental disorder and an unhealed stress injury can cause life impairment.</p> <p>Symptoms persist and worsen over time. Severe stress causes social and occupational impairment.</p> <p>Examples include PTSD, depression, anxiety, and substance abuse.</p>
<p>Actions to take</p> <p>-Reflect on resilience strategies you have been using</p> <p>-Continue healthy habits</p> <p>-Stay focused and simplify large challenges if possible</p>	<p>Actions to take</p> <p>-Recognize your own limits and notice what triggers your stress response</p> <p>-Find strategies that minimize stressors</p> <p>-Nourish body, stay active, and get adequate sleep to maximize physical health</p>	<p>Actions to take</p> <p>-Identify support systems in work and home environments</p> <p>-Reach out and have conversations that support your wellbeing</p> <p>-DO NOT isolate</p>	<p>Actions to take</p> <p>-Reach out to professional resources and follow healthcare providers recommendations</p> <p>-stay connected with support systems</p> <p>-maintain physical health</p>

Adapted from: [National Center for PTSD: Stress First Aid Model](#)