

INDIVIDUAL STRESS CONTINUUM

GREEN READY

Healthy Sleep
Healthy Personal Relationships
Spiritual & Emotional Health
Physical Health
Emotionally Available
Gratitude
Vitality
Room For Complexity
Sense of Mission

YELLOW REACTING

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

ORANGE INJURED

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

RED CRITICAL

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

TEAM STRESS CONTINUUM

