#### INDIVIDUAL STRESS CONTINUUM

# GREEN

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

Insomnia

Broken Relationships

Intrusive Thoughts

Anxiety & Panic

Depression

Feeling Lost or Out of Control

Thoughts Of Suicide

Blame

Hopelessness

### TEAM STRESS CONTINUUM

GREEN

Team Approach To Overwhelm

Transparency

Connection

**Curiosity Culture** 

Requests For Help Met With Support

Sense Of Mission

Mission Satisfaction YELLOW REACTING

Normalizing Depletion

Transactional Communication

Mistakes Are Personal

Requests For Help Are Criticized

Staff Dreading Work

**Mission Drift** 

ORANGE INJURED

Resources Scarce

Communication Silos

Rigid Perspectives

Members Undervalued

Suffering In Silence

Helplessness

Mission Fatigue

RED

Cliques And Hierarchy

Gaslighting

Lack Of Trust

Culture Of Blame

Fear At Work

Vulnerability Punished

Hopelessness

**Moral Injury**