

# Stress Continuum



## THRIVING

### DEFINITION

- Optimal functioning
- Adaptive growth
- Wellbeing
- Motivated

### ACTIONS

- Practice self-care
- Teamwork
- Appropriate rest



## SURVIVING

### DEFINITION

- Mild and temporary distress
- Feeling irritable, anxious, or down
- Muscle tension
- Less focused

### ACTIONS

- Use Stress First Aid



## STRUGGLING

### DEFINITION

- More intense and ongoing distress
- Loss of control
- Don't feel like normal self
- Negative thinking
- Feeling overwhelmed

### ACTION

- Use Stress First Aid
- Seek additional support



## IN CRISIS

### DEFINITION

- Severe ongoing distress
- Difficulty functioning well
- Hopelessness
- May include mental health conditions, burnout, insomnia, substance abuse

### ACTION

- Seeking additional support
- Consider mental health resources
- Consider adjustments to work situation



◀ "I've got this"

"Something isn't right"

"I can't keep this up"

"I can't survive this" ▶

# The seven Cs of Stress First Aid.



**Check:** Assess – observe and listen.

**Coordinate:** Get help. Refer as needed.

**Cover:** Re-establish safety.

**Calm:** Relax, slow down, refocus.

**Connect:** Get support from others.

**Competence:**

Focus on skills and problem-solving.

**Confidence:**

Restore self-esteem and hope.



[www.MedStarHealth.org/Wellbeing](http://www.MedStarHealth.org/Wellbeing)