

# Stress Continuum



# **THRIVING**

### **DEFINITION**

- Adaptive growth
- Wellbeing
- Motivated

#### **ACTIONS**

- Practice self-care

## **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



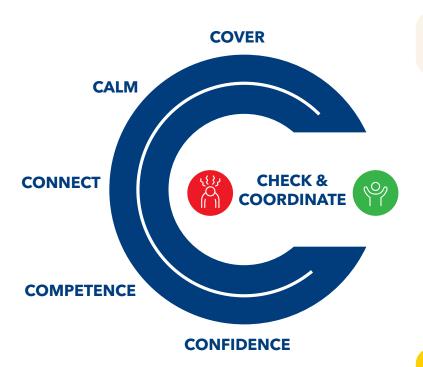
"Something isn't right"

"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