## Responder Stress Continuum

### Ready
- Sense Of Mission
- Spiritually & Emotionally Healthy
- Physically Healthy
- Emotionally Available
- Healthy Sleep
- Gratitude
- Vitality
- Room For Complexity

### Reacting
- Sleep Loss
- Change In Attitude
- Criticism
- Avoidance
- Loss Of Interest
- Distance From Others
- Short Fuse
- Cutting Corners
- Loss Of Creativity
- Lack Of Motivation
- Fatigue

### Injured
- Sleep Issues
- Emotional Numbness
- Burnout
- Nightmares
- Disengaged
- Exhausted
- Physical Symptoms
- Feeling Trapped
- Relationships Suffering
- Isolation

### Critical
- Insomnia
- Hopelessness
- Anxiety & Panic
- Depression
- Intrusive Thoughts
- Feeling Lost Or Out Of Control
- Blame
- Hiding Out
- Broken Relationships
- Thoughts Of Suicide

Adapted from Combat and Operational Stress First Aid by Laura McGladrey | ResponderAlliance.com
Battery Snapshot

What charges the battery?

- 
- 
- 
- 
- 

What drains the battery?

- 
- 
- 
- 
- 

Do One Thing Different ...
STOP:
MAINTAIN:
START: