

THE STRESS SCALE

Ready

Adaptive coping
Optimal functioning
Wellness

Features

Well trained and prepared
Fit and focused
In control
Optimally effective
Behaving ethically

**Train hard
Build the team**

Reacting

Mild and transient distress or
loss of optimal functioning

Temporary & reversible
Low risk for illness

Features

Irritable, angry
Anxious or depressed
Physically too pumped up or
tired
Reduced self-control
Poor focus
Poor sleep

**Talk to someone
you trust**

Injured

More severe and persistent
distress or loss
Higher risk for illness

Causes

Wear and Tear, Inner Conflict,
Loss, Trauma

Features

Panic or rage
Loss of control of body/ mind
Can't sleep
Recurrent nightmares/ bad
memories
Persistent shame, guilt
or blame
Loss of moral values
and beliefs

**Talk to chaplain,
counselor, or
medical**

Ill

Persistent and disabling distress
or loss of function

Unhealed stress injuries

Mental disorder

Types
PTSD

Major Depression

Anxiety

Substance abuse

Features

Symptoms and disability persist
over many weeks

Symptoms and disability get
worse over time

**Seek medical
attention**

Know Your Zone



ILL

Stress is constant and disabling.
Ongoing trouble functioning.
seek medical treatment

INJURED

Behavioral and emotional
changes become more severe
and more persistent.
*talk to a chaplain, counselor or
medical provider*

REACTING

Changes from normal behavior
in response to temporary and
mild distress.
*get adequate sleep, talk to
someone you trust*

READY

Not stress free, but mission ready.
Emotionally and physically healthy.
keep fit, eat right, relax

