



Stress First Aid – The Stress Continuum Model – Where are you Today?

The **Stress Continuum Model** is a visual tool for assessing an individual's stress responses and forms the foundation of Stress First Aid. The model aims to reduce stigma by increasing our knowledge that where you are on the continuum can change. The model helps develop a common language to discuss our stress responses.

While it is normal to react to stress, there's not a "right" way to react to stress.



Please scan the QR code below or click here for Firefighter Stress Management- 6 Minutes for Safety

[Firefighter Stress Management | NWCG](#)



The Seven Cs of Stress First Aid:

1. **C**heck on stress reactions
2. **C**oordinate with other resources and more intensive support
3. **C**over actions improve sense of safety
4. **C**alm with presence, information and supportive actions
5. **C**onnect with social support
6. **C**ompetence actions foster work, social and wellbeing skills
7. **C**onfidence actions rebuild self-image, trust, meaning and hope

