

# Stress Continuum: Definition, Causes, and Your Role

READY	REACTING	INJURED	ILL
<p><b>Definition</b></p> <ul style="list-style-type: none"> <li>• Rested</li> <li>• Restored</li> <li>• Relaxed</li> </ul> <p><b>Causes</b></p> <ul style="list-style-type: none"> <li>• Fulfilling roles</li> <li>• Time for self care</li> <li>• Rest &amp; Relaxation</li> <li>• Plenty of resources</li> </ul> <p><b>Your Role</b></p> <ul style="list-style-type: none"> <li>• Accessing wellbeing resources</li> <li>• Self care</li> <li>• Other care</li> </ul>	<p><b>Definition</b></p> <ul style="list-style-type: none"> <li>• Strained</li> <li>• Able to recover</li> </ul> <p><b>Causes</b></p> <ul style="list-style-type: none"> <li>• Normal daily stress</li> <li>• Not being pushed too far or too hard</li> </ul> <p><b>Your Role</b></p> <ul style="list-style-type: none"> <li>• Alternate exertion with rest</li> <li>• Monitor your own well-being</li> <li>• Offer support</li> </ul>	<p><b>Definition</b></p> <ul style="list-style-type: none"> <li>• Harmed by stress</li> <li>• Pain</li> </ul> <p><b>Causes</b></p> <ul style="list-style-type: none"> <li>• Life threat</li> <li>• Loss</li> <li>• Moral injury</li> <li>• Wear and tear</li> </ul> <p><b>Your Role</b></p> <ul style="list-style-type: none"> <li>• Recognize stress injuries early</li> <li>• Remember and use the 7 C's of Stress First Aid</li> </ul>	<p><b>Definition</b></p> <ul style="list-style-type: none"> <li>• Impairment in functioning</li> <li>• Disease</li> <li>• Loss of quality of life</li> </ul> <p><b>Causes</b></p> <ul style="list-style-type: none"> <li>• Unhealed Orange Zone Stress injuries</li> <li>• Secondary conditions</li> </ul> <p><b>Your Role</b></p> <ul style="list-style-type: none"> <li>• Link into care</li> <li>• Recover</li> <li>• Return</li> </ul>

# Stress First Aid

## 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

