

STRESS AND SELF-CARE CONTINUUM

	READY/THRIVING	REACTING/STRUGGLING	INJURED/SURVIVING	CRITICAL/IN CRISIS
F E E L I N G S *	<ul style="list-style-type: none"> Sense of Mission Spiritually and Emotionally Healthy Physically Healthy Emotionally Available Normal Sleep Patterns and Appetite Gratitude Room for Complexity Able to Take Things in Stride Able to Take Feedback and Adjust to Changes of Plans 	<ul style="list-style-type: none"> Trouble Sleeping or Eating Change in Attitude Avoidance Loss of Interest Distance from Others Short Fuse Easily Overwhelmed or Irritated Cutting Corners Loss of Creativity or Motivation Fatigue Increase Use of Substances Inconsistent Performance 	<ul style="list-style-type: none"> Sleep Issues Emotional Numbness Burnout Nightmares Disengaged Exhausted Physical Symptoms Feeling Trapped Relationships Suffering Isolation Consistent Use of Substances Persistent Fear, Panic, Anxiety, Anger, Sadness or Hopelessness 	<ul style="list-style-type: none"> Disabling Distress and Loss of Function Insomnia Hopelessness Anxiety and Panic Intrusive Thoughts, Nightmares, Flashbacks Feeling Lost or Out of Control Blame Hiding out Broken Relationships Thoughts of Self- Harm or Suicide Reliance on Substances
S T A T E M E N T S	<ul style="list-style-type: none"> "I've got this" "I'm looking forward too..." "How can I help you?" "I need to recharge" "I see your point" "This is going to be hard, but we can do this" 	<ul style="list-style-type: none"> "I don't feel like myself" "I'll wait it out until this passes" "I'm sick of this" "Something isn't right" "I'm tired and drained" "I'm not doing enough" "I'm too busy to ask for help" 	<ul style="list-style-type: none"> "It's just a matter of time until I get sick" "What's next?" "I can't handle this much longer" "Nobody understands what I'm going through" "Nobody can help" 	<ul style="list-style-type: none"> "I can't do this anymore" "What I do doesn't matter" "I don't know who I am anymore" "No one cares" "I'm unraveling" "I feel like I'm suffocating" "I give up"
S E L F C A R E	<p>CONTINUE GOOD HABITS</p> <ul style="list-style-type: none"> Continue to Get Good Sleep Focus on Diet/Nutrition Consistent Exercise Cultivate a Positive Attitude Practice Mindfulness Techniques and Breathwork Gratitude Practices Support a Friend or Colleague 	<p>INCREASE/FOCUS ON SELF-CARE</p> <ul style="list-style-type: none"> Take Time Off Practice Mindful Eating Reflect Eliminate Depleting People, Energy, Behaviors Set Boundaries Practice an Information Diet Identify and Connect with a Support Person (Stay Connected) Practice Vulnerability Stay Hydrated and Focus on Diet 	<p>REACH OUT</p> <ul style="list-style-type: none"> Have an Honest Conversation with Your Support Person Find a Therapist Surround Yourself with Life-Giving People and Activities Engage in Spiritual or Religious Practices Eliminate Drugs, Alcohol and Compulsive Behaviors 	<p>GET HELP</p> <ul style="list-style-type: none"> Increase or Start Individual Therapy Engage Your Support Person Tend to Yourself Know This Will Take Time Call a Crisis Hotline Surround Yourself with People Consult Your Doctor

*Adapted from *Combat and Operational First Aid*, by McGladrey, L. (2021). Responderalliance.com and Watson, P., Gist, R., Taylor, V. et al (2013). *Stress First Aid for Firefighters and Emergency Services Personnel*. National Fallen Firefighters Foundation.