

**READY**

The READY zone reflects adaptive coping, effective functioning and wellness. Stress may be present but is not causing negative impact. This is the desired zone.

**REACTING**

When a significant challenge, or stressor, occurs, everyone will react to some extent and enter the REACTING zone. While reacting, we will see mild stress and reduced functioning that go away whenever the event is over or we get used to the new challenge.

**INJURED**

Sometimes, when the stress is extreme or prolonged including situations when we experience loss, trauma, wear and tear, or inner conflict, the impact is more severe and may lead to a stress injury - the INJURED zone. These stress injuries generally heal with help or support from others.

**ILL**

Stress injury symptoms that persist or get worse can progress to an actual illness such as depressive disorders, anxiety disorders, PTSD, or other medical conditions indicative of the ILL zone. These require treatment to speed healing and prevent disability.

This brochure includes a guide that lists common indicators for each zone. This is not a checklist. It is not meant for diagnosing and is not comprehensive.

Rather, it gives some signs to help recognize when and to what extent the stress process is taking its toll.

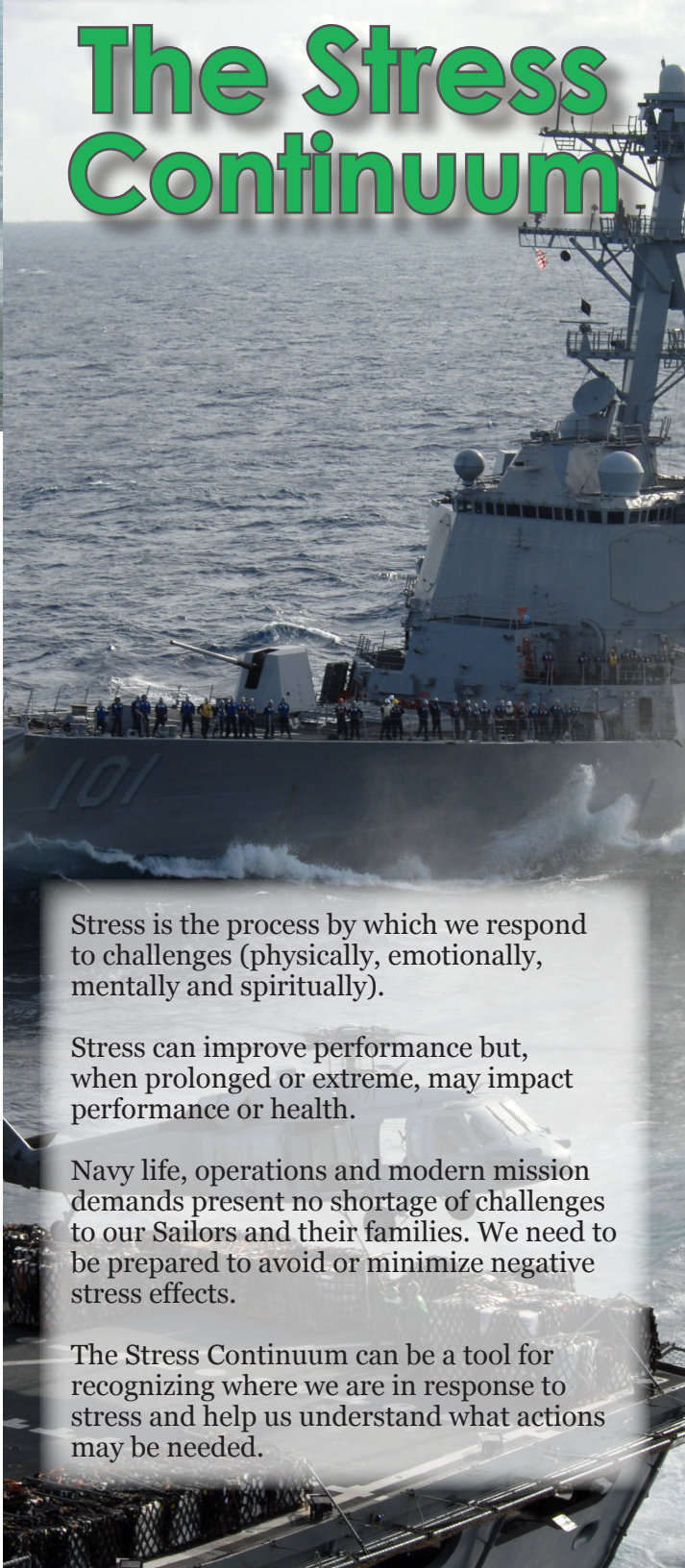


# Life Counts Live Fully

For more information, go to [www-nmcphc.med.navy.mil/hp/stress.htm](http://www-nmcphc.med.navy.mil/hp/stress.htm) or [www.militaryonesource.mil](http://www.militaryonesource.mil)



# The Stress Continuum



Stress is the process by which we respond to challenges (physically, emotionally, mentally and spiritually).

Stress can improve performance but, when prolonged or extreme, may impact performance or health.

Navy life, operations and modern mission demands present no shortage of challenges to our Sailors and their families. We need to be prepared to avoid or minimize negative stress effects.

The Stress Continuum can be a tool for recognizing where we are in response to stress and help us understand what actions may be needed.

READY		REACTING		INJURED		ILL		ACTIONS - Individuals and Families			
		Indicators - Individual						READY	<ul style="list-style-type: none"><li>• Maintain physical fitness/healthy eating</li><li>• Get adequate rest</li><li>• Improve knowledge and skills</li><li>• Strive to train hard</li><li>• Use alcohol in moderation, if at all</li><li>• Practice core values</li><li>• Build strong relationships</li><li>• Resolve conflicts effectively</li></ul> Includes all actions above and ...		
<ul style="list-style-type: none"><li>• Good sleep habits</li><li>• Good fitness habits</li><li>• Healthy eating</li><li>• Sense of humor</li><li>• Positive attitude</li><li>• Productive and focused</li><li>• Socially connected</li><li>• Calm and confident</li><li>• Effective communication</li><li>• Moderation and balance</li><li>• Able to relax</li><li>• Sense of purpose</li><li>• Feel on top of things</li></ul>		<ul style="list-style-type: none"><li>• Impatient or irritable</li><li>• Worried</li><li>• Trouble sleeping</li><li>• Appetite change</li><li>• Apathetic</li><li>• Withdrawing socially</li><li>• Cutting corners</li><li>• Reduced concentration</li><li>• Increased use of alcohol</li><li>• Increased use of tobacco</li><li>• Muscle tension and fatigue</li><li>• Excessive escape mechanisms (TV/Internet/gambling, etc.)</li></ul>		<ul style="list-style-type: none"><li>• Can't fall or stay asleep</li><li>• Weight changes</li><li>• Persistent, vivid nightmares</li><li>• Intense emotions</li><li>• Loss of interest in activities</li><li>• Social isolation</li><li>• Loss of moral bearing</li><li>• Suicidal or homicidal ideas*</li><li>• Confusion or disorientation</li><li>• Episodes of rage or panic</li><li>• Numbness</li><li>• Loss of control</li><li>• Substance abuse</li></ul>		<ul style="list-style-type: none"><li>• Symptoms persist for more than 60 days, get worse, or get better but then come back worse</li><li>• Persistent trouble functioning</li></ul>			REACTING	<ul style="list-style-type: none"><li>• Be self aware</li><li>• Rest, eat and stay hydrated</li><li>• Talk with shipmate and/or family</li><li>• Scale back from excesses</li><li>• Practice relaxation</li><li>• Stress first aid</li></ul>	
										INJURED	Includes all actions above and ... <ul style="list-style-type: none"><li>• Talk to leaders</li><li>• Seek guidance (chaplains, counselors, medical professionals)</li></ul>
											ILL
		Indicators - Family						READY	<b>ACTIONS - Leaders</b> <ul style="list-style-type: none"><li>• Provide tough, realistic training</li><li>• Build unit cohesion</li><li>• Foster high morale and postive command climate</li><li>• Deglamorize alcohol and tobacco use</li></ul>		
<ul style="list-style-type: none"><li>• Children well-adjusted and secure</li><li>• Regular routines</li><li>• Good communication</li><li>• Clean/organized home</li></ul>		<ul style="list-style-type: none"><li>• Children acting out, insecure</li><li>• Dropping routines</li><li>• Difficult communication</li><li>• Increased clutter and disorder</li><li>• Reduced intimacy</li></ul>		<ul style="list-style-type: none"><li>• Significant behavior issues</li><li>• Feeling of chaos</li><li>• Constant fighting</li><li>• Silence/no communication</li><li>• Loss of intimacy</li><li>• Verbal or physical abuse</li></ul>		<ul style="list-style-type: none"><li>• Symptoms persist for more than 60 days, get worse, or get better but then come back worse</li><li>• Persistent trouble functioning</li></ul>			REACTING	Includes all actions above and ... <ul style="list-style-type: none"><li>• Help Sailors maintain work-life balance</li><li>• Ensure adequate time for crew rest</li><li>• Encourage communication</li><li>• Conduct after action reviews</li><li>• Stress first aid</li></ul>	
										INJURED	Includes all actions above and ... <ul style="list-style-type: none"><li>• Refer for early intervention</li><li>• Mitigate</li></ul>
											ILL
		Indicators - Command/Unit						READY			
<ul style="list-style-type: none"><li>• High morale</li><li>• Strong cohesion</li><li>• Good order and discipline</li><li>• Deglamorization of substances</li><li>• Attention to detail</li><li>• Clear sense of mission</li></ul>		<ul style="list-style-type: none"><li>• Falling morale</li><li>• Split groups</li><li>• Deferred maintenance</li><li>• Minor discipline problems</li><li>• Increased alcohol incidents</li><li>• Falling attention to detail</li></ul>		<ul style="list-style-type: none"><li>• Low morale</li><li>• Divided camps</li><li>• Equipment out of service</li><li>• Significant discipline issues</li><li>• Significant alcohol incidents</li><li>• Multiple drug incidents</li><li>• Vigilante missions</li></ul>		<ul style="list-style-type: none"><li>• Not mission capable</li><li>• Symptoms persist for more than 60 days, get worse, or get better but then come back worse</li><li>• Persistent trouble functioning</li></ul>			REACTING		
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