### Stress Continuum: Definition, Causes, and Your Role

<table>
<thead>
<tr>
<th>READY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
</table>
| **Definition** | • Rested  
   • Restored  
   • Relaxed | **Definition** | • Strained  
   • Able to recover | **Definition** | • Harmful by stress  
   • Pain | **Definition** | • Impairment in functioning  
   • Disease  
   • Loss of quality of life |
| **Causes** | • Fulfilling roles  
   • Time for self care  
   • Rest & Relaxation  
   • Plenty of resources | **Causes** | • Normal daily stress  
   • Not being pushed too far or too hard | **Causes** | • Life threat  
   • Loss  
   • Moral injury  
   • Wear and tear | **Causes** | • Unhealed Orange Zone Stress injuries  
   • Secondary conditions |
| Your Role | • Accessing wellbeing resources  
   • Self care  
   • Other care | Your Role | • Alternate exertion with rest  
   • Monitor your own wellbeing  
   • Offer support | Your Role | • Recognize stress injuries early  
   • Remember and use the 7 C's of Stress First Aid | Your Role | • Link into care  
   • Recover  
   • Return |

### Stress First Aid

**The Seven Cs of Stress First Aid:**

1. **Check** on stress reactions
2. **Coordinate** with other resources and more intensive support
3. **Cover** actions improve sense of safety
4. **Calm** with presence, information and supportive actions
5. **Connect** with social support
6. **Competence** actions foster work, social and wellbeing skills
7. **Confidence** actions rebuild self-image, trust, meaning and hope

[Diagram showing the seven Cs of Stress First Aid]