

# THE STRESS CONTINUUM

## READY

- COPING WITH STRESSORS
- CONTINUES TO FUNCTION WELL

## REACTING

- TEMPORARY OR MILD STRESS
- SIGNS OF THAT STRESS GOES AWAY

## INJURED

- SEVERE OR PERSISTENT DISTRESS OR IMPAIRMENT
- LASTING CHANGE IN BEHAVIOR OR PERSONALITY

## ILL

- SEVERE DISTRESS OR LOSS OF FUNCTION THAT IS BAD ENOUGH OR PERSISTED LONG ENOUGH TO BE DIAGNOSABLE

## INDIVIDUAL RESPONSIBILITY

PEERS AND UNIT LEADERS PRIMARILY ASSIST IN GREEN-YELLOW ZONES, THEN CONTINUE SUPPORT IN THE ORANGE-RED ZONES BY IDENTIFYING SIGNS AND GETTING MARINES THE ASSISTANCE THEY NEED

CHAPLAIN, MEDICAL, AND MENTAL HEALTH PROFESSIONALS' RESPONSIBILITY IS STRONG IN THE ORANGE-RED ZONES. THEY CAN PROVIDE ASSISTANCE IN ANY ZONE

# The Continuum Of Know

**Michal Rosen-Zvi**



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