Thriving "I got this."	Surviving "Something isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
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Calm and steady with	Nervousness, sadness, increased	Persistent fear, panic, anxiety, anger,	Disabling distress and loss of function
minor mood fluctuations	mood fluctuations	pervasive sadness, hopelessness	Panic attacks
Able to take things in stride	Inconsistent performance	Exhaustion	Nightmares or flashbacks
Consistent	More easily overwhelmed or	Poor performance and difficulty	Unable to fall or stay asleep
performance	irritated	making decisions or concentrating	Intrusive thoughts
Able to take feedback and to adjust to changes	Increased need for control and difficulty adjusting	Avoiding interaction with coworkers, family,	Thoughts of self-harm or suicide
of plans	to changes	and friends	Easily enraged or aggressive
Able to focus	Trouble sleeping	Fatigue, aches	
Able to	or eating	and pains	Careless mistakes and inability to focus
communicate effectively	Activities and relationships you used to enjoy	Restless, disturbed sleep	Feeling numb, lost, or out of control
Normal sleep patterns and appetite	seem less interesting or even stressful	Self-medicating with substances, food, or other	Withdrawal from relationships
		numbing activities	Dependence on
	Muscle tension,		substances, food,
	low energy,		or other numbing
	headaches		activities to cope

Adapted from: Watson, P., Gist, R., Taylor, V. Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P.,Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.

Stress Reduction Strategies