

RESPONDER STRESS CONTINUUM

READY	REACTING	INJURED	CRITICAL
Sense Of Mission	Sleep Loss	Sleep Issues	Insomnia
Spiritually & Emotionally Healthy	Change In Attitude	Emotional Numbness	Hopelessness
Physically Healthy	Criticism	Burnout	Anxiety & Panic
Emotionally Available	Avoidance	Nightmares	Depression
Healthy Sleep	Loss Of Interest	Disengaged	Intrusive Thoughts
Gratitude	Distance From Others	Exhausted	Feeling Lost Or Out Of Control
Vitality	Short Fuse	Physical Symptoms	Blame
Room For Complexity	Cutting Corners	Feeling Trapped	Hiding Out
	Loss Of Creativity	Relationships Suffering	Broken Relationships
	Lack Of Motivation	Isolation	Thoughts Of Suicide
	Fatigue		

RESPONDER STRESS CONTINUUM

ACTIONS

READY

REACTING

INJURED

CRITICAL

Keep Fit

Get
Adequate
SleepTalk to a
Supervisor
or Mental
Health
ProviderSeek
Immediate
Mental
Health
Treatment

Eat Right

Talk to
Someone
you TrustColorado Crisis Services
1-844-493-8255
Text "TALK" to 38255The Real Help Line
1-833-533-CHAT (2428)

Relax

Make More
Green
ChoicesState of Colorado C-SEAP
303-866-4314CU Faculty & Staff Mental
Health Clinic
303-724-4987