

READY

- Good to go
- Adapting/
flexible
- Excelling at job

I am at the top of my game and adapting well to all pressures.

REACTING

- Mild distress
- Temporary symptoms
- Still getting the job done

Stress is affecting me but I can still get the job done.

INJURED

- Noticeable symptoms
- Personality change
- Erratic functioning

I have changed to the point that I am not in total control of my behavior or reactions.

ILL

- Severe impairment
- Extremely overwhelmed
- Possible danger to self/others

This worsening condition requires full attention before getting back to work.

Self Interventions

Social Support

Professional Care

Rest Strongly Recommended



Adapted with permission from U.S. Navy's COSC Doctrine

Self-Care Techniques

- **Monitor** personal stress indicators (sleep, eating, agitation, etc.)
- **Decompress** with healthy transitions (teatime, yoga, journal, breathwork, music)
- **Record** three good experiences today, savor those positive moments and plan for good experiences tomorrow
- **Speak** with trusted people, maintain social connections



greenleafintegrative.com for more resources

©2018 All Rights Reserved

Resiliency Competencies

- **AWARENESS** - noticing the right information (sensations, thoughts, environment)
- **REGULATION** - of self and others' stress reactions and emotions
- **LEADERSHIP** - toward meaningful personal and team actions

Mitigating Interpersonal Stress

- C**larity - on what you wish to achieve
- A**pproach - in ways to reduce triggering
- T**alk - with simple facts, not blame
- C**onsider - the demands on the other person
- H**andle - any remaining follow ups