

Personal 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 Self Harm
	Fatigue		

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Team Stress Continuum

READY	REACTING	INJURED	CRITICAL
<p>Transparency</p> <p>Sense of Mission</p> <p>Requests for Help Met with Support</p> <p>Connection</p> <p>Team Approach to Overwhelm</p> <p>Curiosity Culture</p>	<p>Normalizing Depletion</p> <p>Staff Dreading Work</p> <p>Mistakes are Personal</p> <p>Transactional Communication</p> <p>Requests for Help are Criticized</p>	<p>Resources Scarce</p> <p>Rigid Perspectives</p> <p>Members Undervalued</p> <p>Communication Silos</p> <p>Suffering in Silence</p> <p>Helplessness</p>	<p>Cliques and Hierarchy</p> <p>Lack of Trust</p> <p>Gaslighting</p> <p>Culture of Blame</p> <p>Vulnerability Punished</p> <p>Fear at Work</p> <p>Hopelessness</p>

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