


Stress Continuum

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and focused • Cohesive units & ready families 	<ul style="list-style-type: none"> • Distress or impairment • Mild and transient • Anxious, irritable, or sad • Behavior change 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • Leaves lasting memories, reactions, and expectations 	<ul style="list-style-type: none"> • Stress injuries that don't heal without help • Symptoms and impairment persist over many weeks or get worse over time



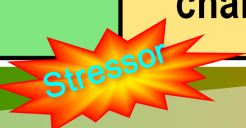
Unit Leader Responsibility

Individual, Shipmate, Family Responsibility

Caregiver Responsibility

Stress Continuum

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and focused • Cohesive units & ready families 	<ul style="list-style-type: none"> • Distress or impairment • Mild and transient • Anxious, irritable, or sad • Behavior change 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • Leaves lasting memories, reactions, and expectations 	<ul style="list-style-type: none"> • Stress injuries that don't heal without help • Symptoms and impairment persist over many weeks or get worse over time



Unit Leader Responsibility

Individual, Shipmate, Family Responsibility

Caregiver Responsibility

SPIRITUAL FITNESS GUIDE

This is a self-assessment tool to help persons consider their spiritual condition .
(This is a modified version of a model developed by the U. S. Navy Chaplain Corps)

Spiritually FIT	Spiritually DISTRESSED	Spiritually DRAINED	Spiritually DEPLETED
<u>POTENTIAL INDICATORS</u> <ul style="list-style-type: none"> Engaged in life's meaning/purpose Hopeful about life/future Makes good moral decisions Able to forgive self and/or others Routinely practices faith disciplines Respectful to people of other faiths Engaged in core values/beliefs Appropriately makes worldview adjustments 	<u>POTENTIAL INDICATORS</u> <ul style="list-style-type: none"> Neglecting life's meaning/purpose Less hopeful about life/future Makes some poor moral decisions Difficulty forgiving self and/or others Infrequently practices faith disciplines Less respectful to people of other faiths Neglects core values/beliefs Adequately makes worldview adjustments 	<u>POTENTIAL INDICATORS</u> <ul style="list-style-type: none"> Loss sense of life's meaning/purpose Holds very little hope about life/future Makes poor moral decisions routinely Unable to forgive self and/or others Discounts practices of faith disciplines Strong disrespect to people of other faiths Disregards core values/beliefs Inadequately makes worldview adjustments 	<u>POTENTIAL INDICATORS</u> <ul style="list-style-type: none"> Claims life has no meaning/purpose Holds no hope about life/future Extreme immoral behavior Forgiveness is not an option Abandons practices of faith disciplines Complete disrespect to people of all faiths Abandons core values/beliefs Inappropriately makes worldview adjustments

SPIRITUAL FITNESS GUIDE

This is a self-assessment tool to help persons consider their spiritual condition .
(This is a modified version of a model developed by the U. S. Navy Chaplain Corps)

Spiritually FIT	Spiritually DISTRESSED	Spiritually DRAINED	Spiritually DEPLETED
<u>POTENTIAL INDICATORS</u> <ul style="list-style-type: none"> Engaged in life's meaning/purpose Hopeful about life/future Makes good moral decisions Able to forgive self and/or others Routinely practices faith disciplines Respectful to people of other faiths Engaged in core values/beliefs Appropriately makes worldview adjustments 	<u>POTENTIAL INDICATORS</u> <ul style="list-style-type: none"> Neglecting life's meaning/purpose Less hopeful about life/future Makes some poor moral decisions Difficulty forgiving self and/or others Infrequently practices faith disciplines Less respectful to people of other faiths Neglects core values/beliefs Adequately makes worldview adjustments 	<u>POTENTIAL INDICATORS</u> <ul style="list-style-type: none"> Loss sense of life's meaning/purpose Holds very little hope about life/future Makes poor moral decisions routinely Unable to forgive self and/or others Discounts practices of faith disciplines Strong disrespect to people of other faiths Disregards core values/beliefs Inadequately makes worldview adjustments 	<u>POTENTIAL INDICATORS</u> <ul style="list-style-type: none"> Claims life has no meaning/purpose Holds no hope about life/future Extreme immoral behavior Forgiveness is not an option Abandons practices of faith disciplines Complete disrespect to people of all faiths Abandons core values/beliefs Inappropriately makes worldview adjustments