Thrivii "I got th	is." "Some	rviving ething isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
←0		\circ	$-\!\!\!-\!\!\!\!-$	\longrightarrow
Calm ar	ith sadnes	vousness, ss, increased	Persistent fear, panic, anxiety, anger,	Disabling distress and loss of function
minor mo fluctuation	ons	fluctuations	pervasive sadness, hopelessness	Panic attacks
Able to to things in s	ake perf	onsistent formance	Exhaustion	Nightmares or flashbacks
Consiste	Mo ent overw	re easily helmed or	Poor performance and difficulty	Unable to fall or stay asleep
performa		ritated	making decisions or concentrating	Intrusive thoughts
Able to to feedback a adjust to cho of plan	nd to for co	ased need ontrol and ty adjusting changes	Avoiding interaction with coworkers, family, and friends	Thoughts of self-harm or suicide Easily enraged or
Able to fo		le sleeping	Fatigue, aches	aggressive
Able to	or	eating	and pains	Careless mistakes an inability to focus
communic	ely relatio	vities and nships you I to enjoy	Restless, disturbed sleep	Feeling numb, lost, or out of control
Normal sl patterns o appetit	eep se and inter	em less resting or n stressful	Self-medicating with substances, food, or other	Withdrawl from relationships
		le tension,	numbing activities	Dependence on substances, food,
	low	energy, adaches		or other numbing 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.