

# GMR STRESS INJURY RESOURCE CONTINUUM



INCREASED WELLBEING

INCREASED DISTRESS

Characteristics	Resilience Strategies	Resources
<b>READY TO GO</b>   Not stress free, but managing it well with current skills and abilities		
<p><b>Optimal functioning, adaptive growth, healthy work-life balance, overall wellness.</b></p> <ul style="list-style-type: none"> <li>■ Calm, steady, confident and clear purpose, good energy, consistent sleep, healthy diet and motivated</li> </ul>	<p><b>Continue the activities that are helping you maintain this mindset.</b></p> <ul style="list-style-type: none"> <li>■ Good and regular sleep</li> <li>■ Healthy diet</li> <li>■ Exercise and hobbies</li> <li>■ Mindfulness/relaxation and social engagement.</li> </ul>	<ul style="list-style-type: none"> <li>■ <a href="#">ResponderStrong Mental Health Curriculum</a></li> <li>■ <a href="#">YOU ResponderStrong Wellness Tool</a></li> <li>■ <a href="#">REAL Essentials RESPOND Online</a></li> <li>■ <a href="#">Sleep tips on GMR Life webpage</a></li> </ul>
<b>REACTIVE</b>   Normal reactions to increasing levels of stress. Mild and Reversible!		
<p><b>Mild or transient distress or decrease in functioning.</b> This mindset can be in response to a singular event, the accumulation of events, or an increase in daily stressors.</p> <ul style="list-style-type: none"> <li>■ Anxiousness, fear, sadness, anger and/or irritability</li> <li>■ Negative, pessimistic, cynical and/or critical of others</li> <li>■ Low concentration, loss of interest, reduced energy, low motivation or enthusiasm</li> <li>■ Changes or difficulty in sleep</li> </ul>	<p><b>Regroup. Redo the activities that were previously helpful.</b></p> <ul style="list-style-type: none"> <li>■ Reach out to peer, spiritual and social supports</li> <li>■ Return to the “Ready to Go” mindset while understanding “why” and “how” you got here aka, growth and learning</li> <li>■ Don’t go through this stage alone</li> </ul>	<ul style="list-style-type: none"> <li>■ Local Operation Peer Support Team</li> <li>■ Appropriate Mental Health Professional through EAP or insurance</li> <li>■ <a href="#">Chaplaincy Services</a></li> <li>■ ResponderStrong Mental Health Curriculum</li> <li>■ YOU ResponderStrong Wellness Tool</li> <li>■ REAL Essentials RESPOND Online</li> </ul>
<b>DISTRESSED/INJURY</b>   Stress injuries impacting mind, body and spirit. May be temporarily non-mission ready.		
<p><b>Severe, persistent distress and/or loss of functioning.</b></p> <ul style="list-style-type: none"> <li>■ Uncontrollable emotions, intrusive or obsessive thoughts</li> <li>■ Anxiousness, fear, sadness, anger, shame, lack of empathy and numbness</li> <li>■ Burnt out, changes in sleep, diet and appearance</li> <li>■ Increase in substance abuse</li> </ul>	<p><b>Return to healthy wellness practices. Absolutely do not try to “fix” this stage on your own. You need others.</b></p> <ul style="list-style-type: none"> <li>■ Utilize peer resources, GMR Life confidential resources, chaplain services, spiritual supports and your healthy social/family supports</li> <li>■ Explore mental health supports or providers</li> </ul> <p>This level will not get better on its own. Trying to isolate or go it alone will only increase the injury. Positive social connection and support can get you back to feeling healthier and happier.</p>	<ul style="list-style-type: none"> <li>■ Confidential GMR Life request</li> <li>■ Local Operation Peer Support Team</li> <li>■ Appropriate Mental Health Professional through EAP or insurance</li> <li>■ Chaplaincy Services</li> <li>■ GMR 24/7 Crisis Line</li> <li>■ <a href="#">ResponderStrong Mental Health Directory</a></li> <li>■ <a href="#">ResponderStrong Facility Directory</a></li> <li>■ <a href="#">ACF Resource Directory</a></li> </ul>
<b>ILLNESS</b>   Stress injuries transition to stress illness. Approaching critical levels of impairment in multiple areas of life.		
<p><b>Unhealed stress injuries causing impairment in life, probable clinical levels of mental and emotional distress or illness.</b></p> <ul style="list-style-type: none"> <li>■ Lost, out of control, not sure who you are anymore</li> <li>■ Failing relationships</li> <li>■ Hopelessness, increased substance use</li> <li>■ Posttraumatic stress injury: depression, anxiety, thoughts of self-harm or suicide</li> </ul>	<p><b>Get support and help now.</b></p> <ul style="list-style-type: none"> <li>■ Seek immediate mental health counseling, family therapy, marital therapy or medication support</li> <li>■ Match the main issue to the right resource</li> </ul> <p>You didn’t get here by being weak; you got here by trying to be too strong. No one can go it alone. Through working with effective help, you can heal and get back to feeling good again.</p>	<ul style="list-style-type: none"> <li>■ Confidential GMR Life request</li> <li>■ GMR 24/7 Crisis Line</li> <li>■ Appropriate Psychiatric Professional through EAP or Teladoc</li> <li>■ ResponderStrong Mental Health Directory</li> <li>■ ResponderStrong Facility Directory</li> <li>■ ACF Resource Directory</li> </ul>

For more information, email [gmlife@gmr.net](mailto:gmlife@gmr.net). For crisis, please call GMR Crisis Line at **833.479.7337**.