

Part 2: Continuum of Stress and Wellbeing – For Self and Team

Thriving “in the green”	Stressed “in the yellow”	Distressed “in the amber-orange”	Ill “in the red”
Performing at Your Best	Up to the Challenge and a Risk of Lapses in Excellence	Risk of Suboptimal Performance	Risk of Impaired Functioning
<ol style="list-style-type: none"> 1. What do I feel in my body, mind, and heart when I am at my best - in the “green zone” of life? Examples: takes things in stride, mentally sharp, feel alert and rested, good team player, being content, happy mood 2. To support being at my best “in the green” zone, I do a few key things in life (please list on the next page). 3. What role do the arts, music, exercise, nature, faith, or contemplative practices play in sustaining your wellbeing? 4. Any worries about COVID-related deployment on or off-site? Any concerns your loved ones may have about your PSERT work? Deployment? Have you talked this through? 	<ol style="list-style-type: none"> 1. One type of stress is a positive, challenging kind calling us to be at our best, while persistent pressures with a lack of support will begin to wear us down. What are signs that I am experiencing a negative form of stress? 2. When I have a difficult encounter with a team member or others in the field, I can respond skillfully, compassionately when _____? 3. During a challenging day while deployed away from home, I rest and restore my energy by _____. 4. As a group, team members and I look out for each by _____. 5. Who are the trusted colleagues, friends, or family members away from work I can connect with when deployed? 	<ol style="list-style-type: none"> 1. What are a few signs that I struggle with excessive stress – the indicators my best self is not showing up as I would want things to be? 2. What are signs of moral distress or vicarious trauma to be aware of in me? In my teammates? 3. To address excessive work stress, moral distress, or vicarious trauma, the actions I may take are _____. 4. How might I express my concern and support for a team member who is not their usual best self? 5. If stretched and strained while deployed, could I imagine having a conversation with the team lead or self-care coordinator about a rest and recovery day? A change in duties? A possible early return home? 	<ol style="list-style-type: none"> 1. Not always, though most likely the progression to the red zone happens once home. What are signs for me that indicate health is compromised (e.g., exhausted, anxious, depressed, overuse of alcohol/internet, others concerned about me, struggling to perform my usual life roles or duties)? 2. What barriers might delay my help-seeking? 3. Do I have one or more trusted people in my life I would listen to if they expressed concern about me and encouraged me to seek help? 4. What are vital coping actions and resources to pursue when in the red zone? Who would I turn to? Is there a role my family doctor?

← **Attend to Self-Care & Social Support**

Time to Add Professional Support →

Source: Ted Bober, MSW RSW (2018) as adapted from <http://www.forces.gc.ca/en/caf-community-health-services-r2mr-deployment/mental-health-continuum-model> and Nash, W. et. al., (2011). In E. C. Ritchie (Ed.), Operational Behavioral Health, Washington, DC: Borden Institute, 193-204.

If you like to share this handout - out of interest, please let me know – tbober@cogeco.ca