

Stress Thermometer

HOW ARE YOU TODAY?



PTSD, Depression, Anxiety, Substance use disorders

Symptoms persist and worsen over time
Severe distress or social or occupational impairment

Feeling the Drain

Loss of control
Panic, rage or depression
No longer feeling like normal self
Excessive guilt, shame or blame
Misconduct

Responding to Demands

Feeling irritable, anxious or down
Loss of motivation
Loss of focus
Difficulty sleeping
Muscle tension or other physical changes
Not having fun

At one's best

Well-trained and prepared
In control
Physically, mentally and
spiritually fit

Motivated
Calm and steady
Having fun
Behaving ethically
Mission-focused