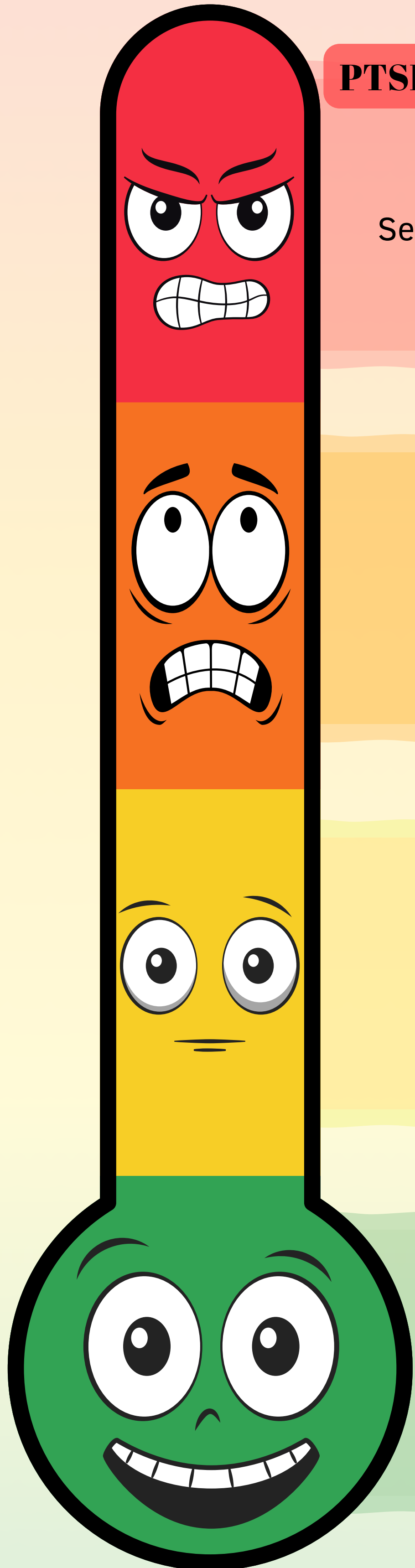


Stress Thermometer



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