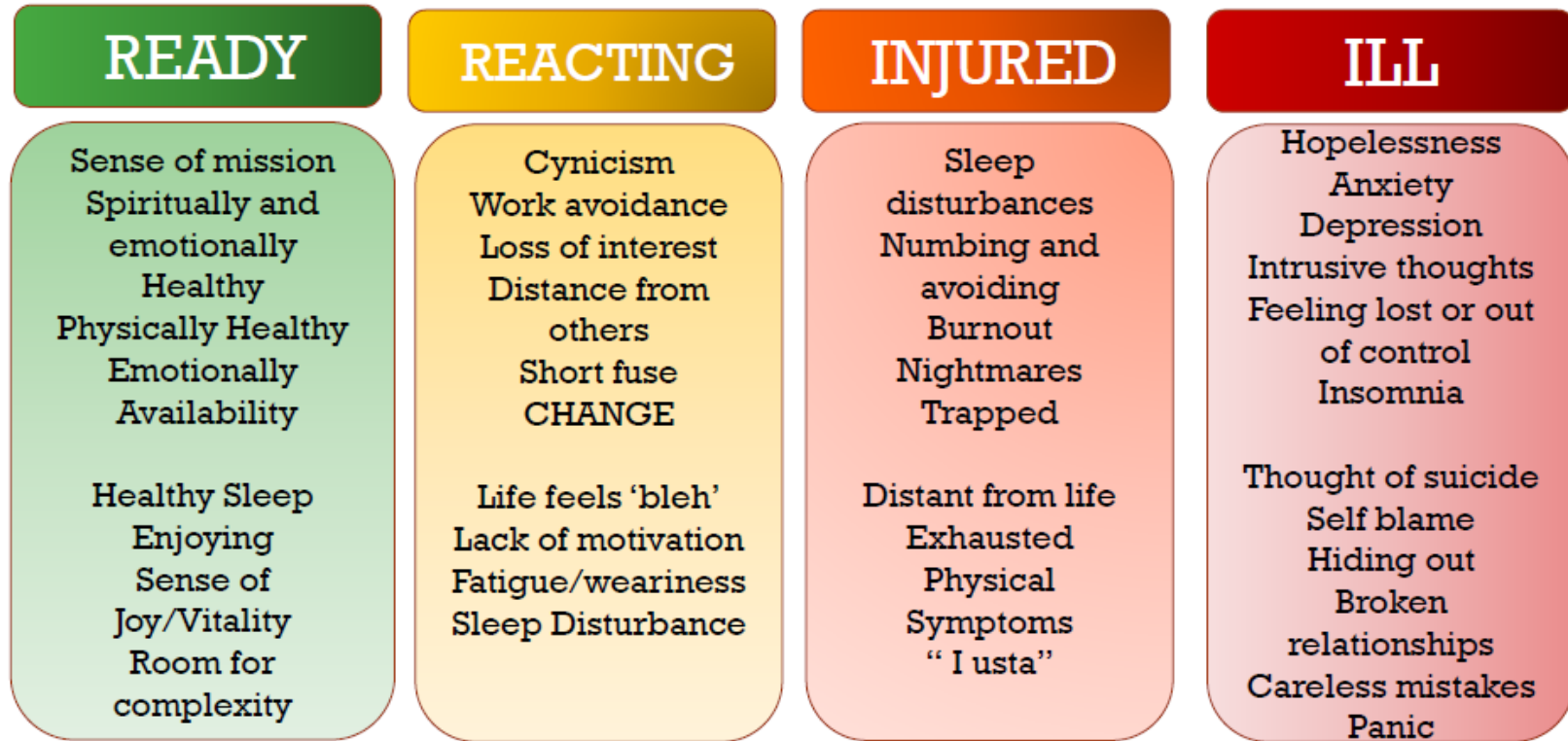


RESPONDER STRESS CONTINUUM



IF YOU ARE ↑ THEN ↓

TO STAY MISSION READY	TO RECOVER AND BUILD RESILIENCE	TO BEGIN HEALING	TO GET HELP
Keep fit, eat right, relax	Get adequate sleep, talk to someone you trust	Talk to a chaplain, counselor, or medical provider	Seek medical treatment