QUICK GUIDE

TEAM HUDDLE

Assess Your Stress:
Where are you on the stress continuum?

Below are some simple action items for each stage on the stress continuum. It's important to note that it's okay to be at any stage of the continuum. This is about self-awareness, getting needs met, preventing symptoms from worsening and engaging in practical ways to bounce back.

Thriving "I got this."	Surviving "Something isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
• Calm and steady with minor mood fluctuations • Able to take things in stride • Consistent performance • Able to take feedback and to adjust to changes of plans • Able to focus • Able to communicate effectively • Normal sleep patterns and appetite	• Nervousness, sadness, increased mood fluctuations • Inconsistent performance • More easily overwhelmed or irritated • Increased need for control and difficulty adjusting to changes • Trouble sleeping or eating • Activities and relationships you used to enjoy seem less interesting or even stressful • Muscle tension, low energy, headaches	• Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness • Exhaustion • Poor performance and difficulty making decisions or concentrating • Avoiding interaction with coworkers, family, and friends • Fatigue, aches and pains • Restless, disturbed sleep • Self-medicating with substances, food, or other numbing activities	• Disabling distress and loss of function • Panic attacks • Nightmares or flashbacks • Unable to fall or stay asleep • Intrusive thoughts • Thoughts of self-harm or suicide • Easily enraged or aggressive • Careless mistakes and inability to focus • Feeling numb, lost, or out of control • Withdrawal from relationships • Dependence on substances, food, or other numbing activities to cope
Now what?	**Now what?**	**Now what?**	**Now what?**
• Take time to savor the good • Help others who are struggling • Keep using your go-to coping strategies • Let go of feeling guilty for feeling good (Yes, sometimes this happens!)	• Try to let go of some to-do list items • Add 1-2 coping strategies (exercise, limit social media) • Reconnect to purpose (What do I want to stand for right now?) • Use deep breathing to hold steady during difficult moments • Connect with support system	• Focus on meeting basic needs • Establish boundaries where possible • Inform supervisor and identify next steps for bouncing back • Let support system know (FYI: You aren't a burden for doing this.) • Consider a resilience consult: 801-213-3403	• Connect with a mental health professional or team: 801-213-3403 • Arrange for time off, whether that is PTO or a leave of absence • Ask support system for help, including supervisor • Focus solely on the short-term • Let go of self-criticism & engage in self-compassion

Adapted from Colorado Healthcare Ethics Resource (2020) The Stress Continuum.
Source: https://accelerate.uofuhealth.utah.edu/resilience/assess-your-stress-where-are-you-on-the-stress-continuum