

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 an inability to focus

Feeling numb, lost, or out of control

Withdrawal from relationships

Dependence on substances, food, or other numbing activities to cope