



TIPS borrows tools and resources from industry leaders such as Responder Alliance®. While these can be powerful resources, their effective use requires appropriate understanding, context, and training. TIPS applies these tools in partnership with their originating organizations.

RESPONDER STRESS CONTINUUM

READY	REACTING	INJURED	CRITICAL
<ul style="list-style-type: none"> Sense Of Mission Spiritually & Emotionally Healthy Physically Healthy Emotionally Available Healthy Sleep Gratitude Vitality Room For Complexity 	<ul style="list-style-type: none"> Sleep Loss Change In Attitude Criticism Avoidance Loss Of Interest Distance From Others Short Fuse Cutting Corners Loss Of Creativity Lack Of Motivation Fatigue 	<ul style="list-style-type: none"> Sleep Issues Emotional Numbness Burnout Nightmares Disengaged Exhausted Physical Symptoms Feeling Trapped Relationships Suffering Isolation 	<ul style="list-style-type: none"> Insomnia Hopelessness Anxiety & Panic Depression Intrusive Thoughts Feeling Lost Or Out Of Control Blame Hiding Out Broken Relationships Thoughts Of Suicide

ADAPTED FROM COMBAT AND OPERATIONAL STRESS FIRST AID BY LAURA MCGLADREY | RESPONDERALLIANCE.COM



For additional training, see *Stress Injury Awareness for the Individual* at:

<https://www.responderalliance.com/>

This training is recommended for all responders.

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