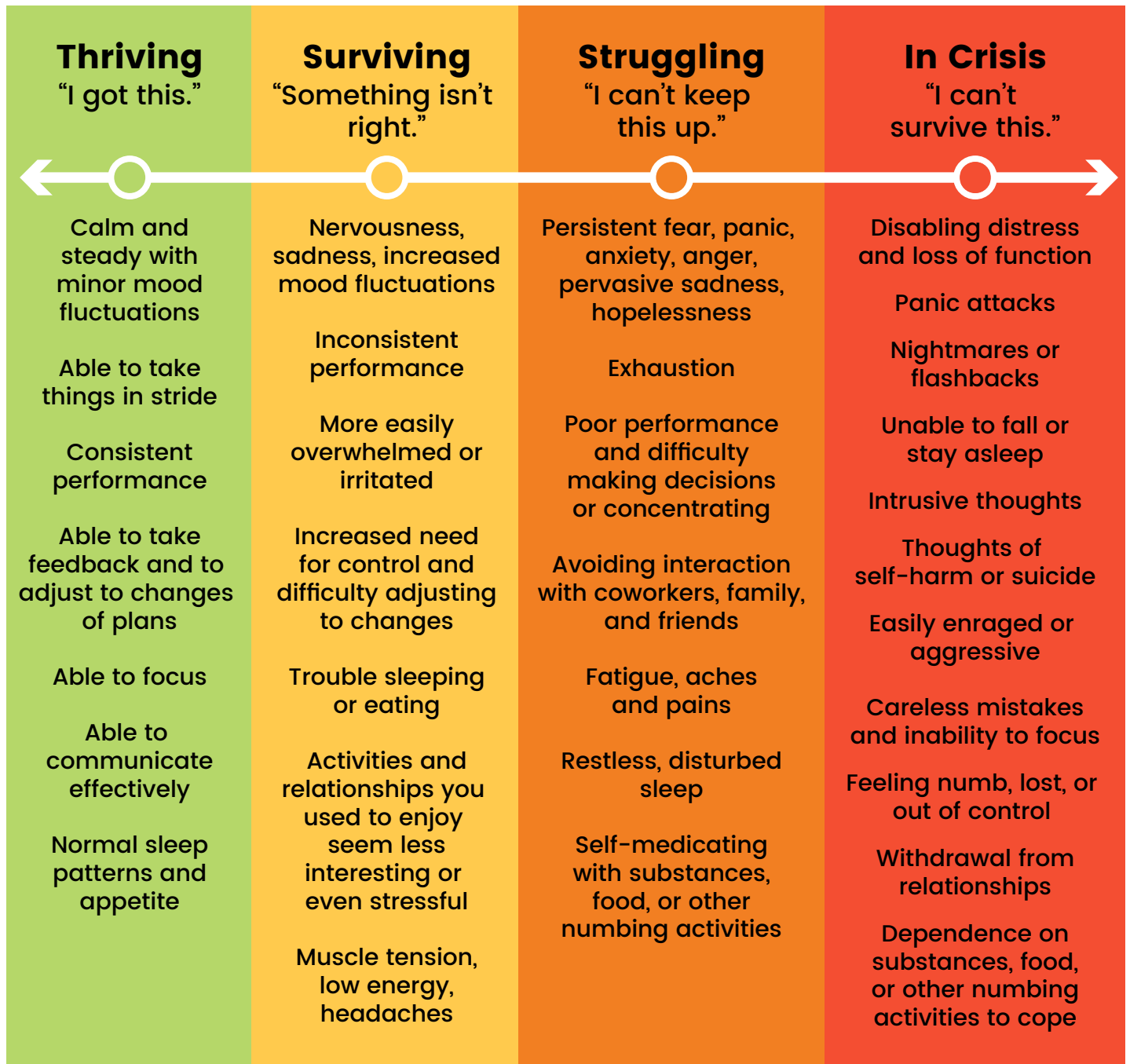


The Stress Continuum

Personal reactions to increased complexities fall on a continuum. You may feel little to no impact, or you may feel an increased stress response. When stress is ongoing or severe, this can lead to severe distress, burnout, or traumatic responses. Personal experiences, support systems, coping mechanisms, external stressors, early life experiences, and the length of time we have felt increased stress can contribute to where we fall on the continuum of reactions. Expect that where you are on this continuum can change. It's also important to remember that people will react differently to the same situation, and that is ok.



For resources in addressing stress, moral distress, trauma responses, and burnout, visit:

cohcwcovidsupport.org