



Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who SupportSM

Stress Continuum Model

What causes you stress during reintegration?

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and focused • Cohesive units & ready families • <i>Ready to go!</i> 	<ul style="list-style-type: none"> • Mild and temporary distress or impairment • Anxious, irritable, or sad • Physical or behavioral changes • <i>Mild and reversible!</i> 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • May leave lasting memories, reactions, and expectations • <i>Temporarily non-mission ready!</i> 	<ul style="list-style-type: none"> • Stress injuries that don't heal without help • Symptoms persist for >60 days, get worse, or initially get better and then return worse • <i>Only diagnosed by health professionals!</i>
Unit Leader Responsibility	Individual, Service Member, Family Responsibility	Caregiver Responsibility	

NOTES: