Response to COVID-19
Stress Continuum and Resilience Resources

Stress injury and recovery is a two-way process. Identify strategies, tools, and activities to get people to move back towards green. Leadership responsibility to monitor self and others to detect signs of stress injury to individuals and teams and take action. Leadership responsibility is to set the tone, more than ever people are seeking guidance and reassurance.

*based on COSFA stress continuum, adapted by Laura McGladrey with contribution from National Parks Service