STRESS CONTINUUM FOR THE TEAM

**READY**
- Transparency
- Sense Of Mission
- Requests For Help Met With Support
- Connection
- Team Approach To Overwhelm
- Curiosity Culture
- Mission Satisfaction

**REACTING**
- Normalizing Depletion
- Staff Dreading Work
- Mistakes Are Personal
- Transactional Communication
- Requests For Help Are Criticized
- Mission Drift

**INJURED**
- Resources Scarce
- Rigid Perspectives
- Members Undervalued
- Communication Silos
- Suffering In Silence
- Helplessness
- Mission Fatigue

**CRITICAL**
- Cliques And Hierarchy
- Lack Of Trust
- Gaslighting
- Culture Of Blame
- Vulnerability Punished
- Fear At Work
- Hopelessness
- Moral Injuries

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