<table>
<thead>
<tr>
<th>READY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Features</td>
<td>Well Trained and Prepared</td>
<td>Mild and Transient Distress or Loss of Optimal Functioning</td>
<td>More Severe and Persistent Distress or Loss</td>
</tr>
<tr>
<td>Adaptive Coping</td>
<td>Optimal Functioning</td>
<td>Temporary &amp; Reversible</td>
<td>Temporary &amp; Reversible</td>
</tr>
<tr>
<td>Wellness</td>
<td>Low Risk of Illness</td>
<td>Higher Risk for Illness</td>
<td>Low Risk of Illness</td>
</tr>
</tbody>
</table>

**Causes**
- Life Threat, Loss, Inner Conflict, Wear and Tear
- PTSD
- Major Depression
- Anxiety
- Substance Abuse

**Types**
- Symptoms and Disability Persist over Many Weeks
- Symptoms and Disability gets Worse over Time

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**STRESSOR**
- Life Threat, Loss, Inner Conflict, Wear and Tear

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**UNIT LEADER RESPONSIBILITY**
- INDIVIDUAL, PEER, FAMILY RESPONSIBILITY
- CAREGIVER RESPONSIBILITY