Stress Continuum in River Guide Language

** Adapted by Jenny Fiebig from Responder Alliance Stress Continuum (https://www.responderalliance.com/)

Jenny Fiebig Counseling, LLC - jennyfiebig.com

Ready/Green	Reacting/Yellow	Injured/Orange	Critical/Red
Excited to get on the river. Desire to provide a great experience for participants. Feeling strong mentally and physically Emotionally Flexible - able to listen to emotions, not be led by them Sleeping well at night Holding a sense of gratitude for the river, self, colleagues, and clients. I can't believe I get to do this! Greater perspective/compassion for client issues Room for complexity - feeling capable of managing the complexity of risk on the river, customer relations, and working through conflict in healthy way with colleagues Contentment, I'm where I should be. My team can take these clients down the river no matter what happens.	Not sleeping as well A change in how you normally behave. (Not sitting with participants at night when you normally would.) Starting to dread participant engagement. Binary thinking in managing conflict or risk rather than seeing the situation from a greater perspective. More critical of self and/or others. Loss of interest/awareness in being on the river. Not appreciating the place. Avoidance/not engaging with guests or colleagues. Performing poorly in rapids or social engagement by overthinking from a disconnected place rather than being in flow.	Sleep issues Burnout Nightmares Isolation Increased sense of dread. Dreading the next trip. Increase fixation on the risks that normally you would feel capable of. "What if this, what if that." Second guessing your skills. Change in personal perspective. "I'm scared of Big Drop 3 next trip because someone will drown." Instead of trusting skills and wisdom of self and others. OR Checked out. Careless. Not performing risk management. A sense of helplessness, not	Insomnia Hopelessness Feeling lost Out of control Disengaged/withdrawn - doesn't show up for work anymore, stopped guiding, doesn't show up for social engagements. Suicidal Ideation Blame - self and/or other Broken Relationships Being in a state of Anxiety/Depression Disconnected from feelings of contentment, compassion, or curiosity. Chronically activated nervous system - Sympathetic (fight, flight, fawn) or Parasympathetic (frozen/freeze)