

THE STRESS- TRAUMA CONTINUUM

NORMAL (APPROPRIATE) STRESS



We experience normal stress everyday from being late to work to taking a test- this type of stress is one our minds and bodies are equipped to process, and able to move through and past on a regular basis.



TRAUMATIC STRESS

Traumatic stress overwhelms our psychological "regulation" system, as a response to a situation outside of the range of normal experience that poses a credible threat of death or serious mental, physical, or emotional injury.

SITUATIONAL (COSTLY) STRESS

Stress that is situational or chronic may impact psychological well-being. Our bodies are still equipped to handle things like unemployment, or caring for a sick loved one, but it may take time or additional support to rest and heal.



Experiencing stress is an everyday part of life, from being late to work to preparing for a test. But some types of stress fall outside of the normal range of psychological experience, and can cause an undue amount of strain on our minds and bodies.