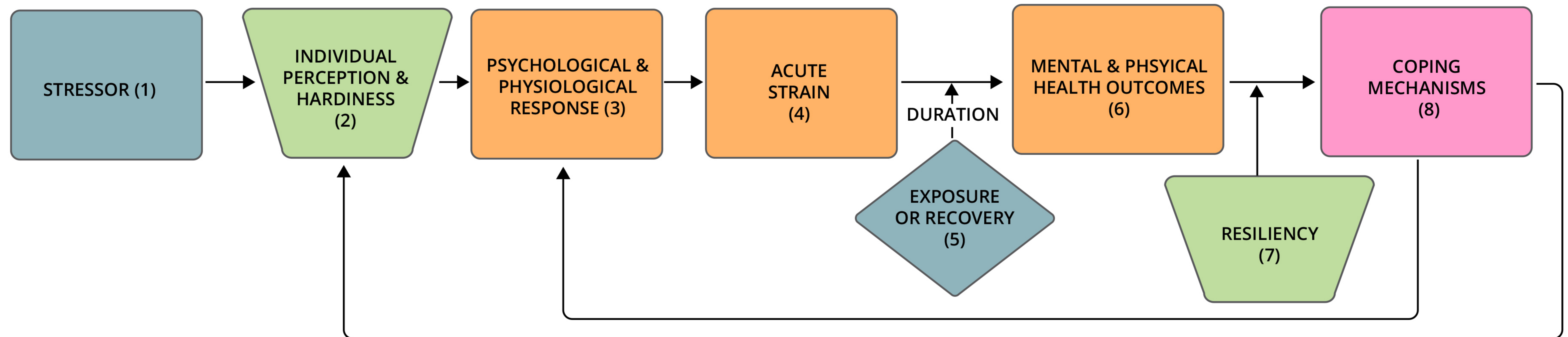


STRESS-STRAIN PROCESS

(KATHERINE SANDERS, PhD)



Intervention Points:

- (1) Work System Intervention: Remove or Reduce Stressor, such as Overload, Social Isolation, Lack of Control, Insufficient Resources
- (2) Wellness Intervention: Improve Individual Fitness, Psychological Health, Social Support, Mindfulness
- (3) Medical/Psychological Intervention: Behavioral/Biofeedback
- (4) Medical Intervention: Diagnosis and Treatment
- (5) Work System Intervention: Decrease Exposure and/or Increase Recovery Time Between Exposures
- (6) Medical Intervention: Diagnosis and Treatment
- (7) Wellness Intervention: Increase Social Support, Meaning & Purpose, Healing & Restorative Practices
- (8) Support Helpful Coping Mechanisms such as Social Support, Exercise, Meditation, Counseling
- (8) Reduce Unhelpful Coping Mechanisms such as Smoking, Alcohol Consumption, Overeating, Workaholism