

MENTAL HEALTH CONTINUUM MODEL



MOOD	Normal mood fluctuations Calm & takes things in stride	Irritable/Impatient Nervous Sadness/Overwhelmed	Anger Anxiety Pervasively sad/Hopeless	Angry outbursts/Aggression Excessive anxiety/Panic Depressed/Suicidal thoughts
ATTITUDE & PERFORMANCE	Good sense of humour Performing well In control mentally	Displaced sarcasm Procrastination Forgetfulness	Negative attitude Poor performance/Workaholic Poor concentration Poor decision-making	Overt insubordination Can't perform duties, control behaviour or concentrate
SLEEP	Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts Nightmares	Restless disturbed sleep Recurrent images Recurrent nightmares	Can't fall asleep or stay asleep Sleeping too much or too little
PHYSICAL HEALTH	Physically well Good energy level	Muscle tension Headaches Low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
SOCIAL WELL-BEING	Physically and socially active	Decreased activity Reduced socializing	Avoidance Withdrawal	Not going out or answering phone
SUBSTANCE USE & GAMING	No or low risk use of alcohol/cannabis gambling/gaming	Alcohol/cannabis/gambling/gaming increasingly used to relieve tension/cope with stress	Difficulties limiting use of alcohol/cannabis/gambling/gaming	Unable to control use of alcohol/cannabis/gambling/gaming

COPING, RESOURCES & SUPPORT

- Maintain healthy lifestyle
- Focus on task at hand
- Break problems into manageable tasks
- Controlled, deep breathing
- Plan time for rest & fun
- Nurture a support system

- Recognize limits, take breaks
- Get enough rest & exercise
- Reduce barriers to help-seeking
- Identify unhealthy coping & resolve problems early

- Talk to / confide in someone
- Tune into own signs of distress
- Make self-care a priority
- Get help sooner, not later
- Maintain social contact; don't withdraw

- Know how to access help & resources
- Follow doctor's care recommendations
- Accept offers of help
- Focus on regaining health
- Don't give up on yourself