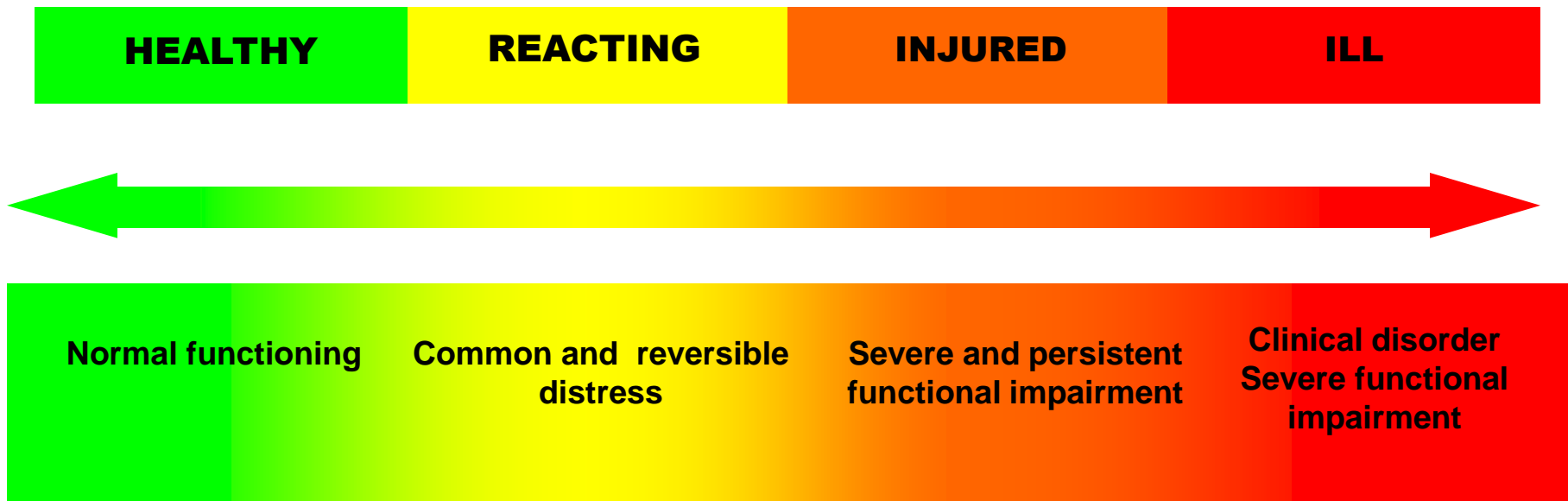




# Mental Health Continuum Model



- Normalizes mental health fluctuations
- Movement in both directions: expectancy of recovery
- Earlier recognition & intervention leads to better outcomes



# Self Awareness

**HEALTHY**

**REACTING**

**INJURED**

**ILL**

Normal mood fluctuations  
Calm & takes things in stride

Irritable/Impatient  
Nervous  
Sadness/Overwhelmed

Anger  
Anxiety  
Pervasively sad/Hopeless

Angry outbursts/aggression  
Excessive anxiety/panic attacks  
Depressed/Suicidal thoughts

Good sense of humour  
Performing well  
In control mentally

Displaced sarcasm  
Procrastination  
Forgetfulness

Negative attitude  
Poor performance/Workaholic  
Poor concentration/decisions

Overt insubordination  
Can't perform duties, control behaviour or concentrate

Normal sleep patterns  
Few sleep difficulties

Trouble sleeping  
Intrusive thoughts  
Nightmares

Restless disturbed sleep  
Recurrent images/nightmares

Can't fall asleep or stay asleep  
Sleeping too much or too little

Physically well  
Good energy level

Muscle tension/Headaches  
Low energy

Increased aches and pains  
Increased fatigue

Physical illnesses  
Constant fatigue

Physically and socially active

Decreased activity/socializing

Avoidance  
Withdrawal

Not going out or answering phone

No/limited alcohol use/gambling

Regular but controlled alcohol use/gambling

Increased alcohol use/gambling – hard to control

Alcohol or gambling addiction  
Other addictions



# When is it time to seek help?



## Yellow-orange zone

- Negative feelings that persist over an extended period of time
- Decreased enjoyment
- Changes in performance
- Ongoing sleep problems
- Physical symptoms
- Problems negatively impact relationships in your life