

The Mental Health Continuum Model

Healthy	Reacting	Injured	Ill
<ul style="list-style-type: none"> • Normal fluctuations in mood, calm, takes things in stride • Normal sleep patterns, few sleep difficulties • Physically well, good energy level • Consistent performance • Sense of humour, in control mentally • Physically active and socially active • Limited or no gambling/alcohol use 	<ul style="list-style-type: none"> • Nervousness, irritability, impatience, sadness, feeling overwhelmed • Trouble sleeping, intrusive thoughts, nightmares • Tired/low energy, muscle tension, headaches • Procrastination • Displaced sarcasm, forgetfulness • Decreased physical and social activity • Regular but controlled gambling/alcohol use 	<ul style="list-style-type: none"> • Anxiety, anger, pervasive sadness, hopelessness • Restless or disturbed sleep, recurring images or nightmares • Increased fatigue, aches and pains • Poor performance and concentration or workaholic, presenteeism • Negative attitude • Social avoidance or withdrawal • Increased gambling/alcohol use 	<ul style="list-style-type: none"> • Excessive anxiety, easily angered, depressed mood, suicidal thoughts • Unable to fall or stay asleep, sleeping too much or too little • Exhaustion, physical illness • Unable to perform duties/control behavior/concentrate, overt subordination, absenteeism • Isolation, avoiding social events, not going out or answering the phone • Alcohol/gambling addition, other addictions
Actions to take at each phase of the continuum			
<ul style="list-style-type: none"> • Focus on task at hand • Break problems into manageable chunks • Identify and nurture support systems • Maintain healthy lifestyle 	<ul style="list-style-type: none"> • Recognize limits • Identify and minimize stressors • Engage in healthy coping strategies • Get adequate food, rest, and exercise 	<ul style="list-style-type: none"> • Identify and understand own signs of distress • Seek social support and talk with someone instead of withdrawing • Seek help 	<ul style="list-style-type: none"> • Seek consultation as needed • Follow health care provider recommendations • Regain physical and mental health

Notes:



How am I feeling physically?

How is my attitude? Would my co-workers agree?

How is my job performance? Would my co-workers agree?

How are my relationships (home/ work)?

Additional Comments:
