

## Mental Health Continuum Model



<ul style="list-style-type: none"> <li>• Normal mood fluctuations</li> <li>• Calm &amp; takes things in stride</li> <li>• Good sense of humour</li> <li>• Performing well</li> <li>• In control mentally</li> <li>• Normal sleep patterns</li> <li>• Few sleep difficulties</li> <li>• Physically well</li> <li>• Good energy level</li> <li>• Physically and socially active</li> <li>• No or limited alcohol use/ gambling</li> </ul>	<ul style="list-style-type: none"> <li>• Irritable / impatient</li> <li>• Nervous</li> <li>• Sadness / overwhelmed</li> <li>• Displaced sarcasm</li> <li>• Procrastination</li> <li>• Forgetfulness</li> <li>• Trouble sleeping</li> <li>• Intrusive thoughts</li> <li>• Nightmares</li> <li>• Muscle tension / headaches</li> <li>• Low energy</li> <li>• Decreased activity/socializing</li> <li>• Regular but controlled alcohol use / gambling</li> </ul>	<ul style="list-style-type: none"> <li>• Anger</li> <li>• Anxiety</li> <li>• Pervasively sad / hopeless</li> <li>• Negative attitude</li> <li>• Poor performance / workaholic</li> <li>• Poor concentration / decisions</li> <li>• Restless disturbed sleep</li> <li>• Recurrent images / nightmares</li> <li>• Increased aches and pains</li> <li>• Increased fatigue</li> <li>• Avoidance</li> <li>• Withdrawal</li> <li>• Increased alcohol use / gambling is hard to control</li> </ul>	<ul style="list-style-type: none"> <li>• Angry outbursts / aggression</li> <li>• Excessive anxiety / panic attacks</li> <li>• Depressed / suicidal thoughts</li> <li>• Over insubordination</li> <li>• Can't perform duties, control behaviour or concentrate</li> <li>• Can't fall asleep or stay asleep</li> <li>• Sleeping too much or too little</li> <li>• Physical illnesses</li> <li>• Constant fatigue</li> <li>• Not going out or answering phone</li> <li>• Alcohol or gambling addiction</li> <li>• Other addictions</li> </ul>
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# Mental Health Continuum Model

This diagram describes the range of mental health:

- Healthy
- Reacting
- Injured
- III

**Healthy** behaviours include normal mood fluctuations, calmness and the ability to take things in stride, a good sense of humour, good performance, being in control, normal sleep patterns, few sleep difficulties, being physically well, having a good energy level, being physically and socially active, and limited or no alcohol use or gambling.

**Reacting** behaviours include being irritable or impatient, being nervous, being sad or overwhelmed, expressing displaced sarcasm, procrastination, forgetfulness, having trouble sleeping, having intrusive thoughts, having nightmares, having muscle tension or headaches, having low energy, decreased activity or socializing, and regular but controlled alcohol use or gambling.

**Injured** behaviours include anger, anxiety, pervasive sadness or hopelessness, a negative attitude, poor performance or workaholic behaviour, poor concentration or decisions, restless or disturbed sleep, recurrent images or nightmares, increased aches and pains, increased fatigue, avoidance, withdrawal, and increased alcohol use or hard-to-control gambling.

**III** behaviours include angry outbursts or aggression; excessive anxiety or panic attacks; depression or suicidal thoughts; excessive insubordination; an inability to perform duties, control behaviour or concentrate; an inability to fall asleep or stay asleep; sleeping too much or too little; physical illnesses; constant fatigue; not going out or not answering phone; and an alcohol or gambling addiction or other addictions.