

**B B**  
*Bitesize Booster*



# *The Mental Health Continuum*



THRIVING



SURVIVING



STRUGGLING



IN CRISIS





Self-Care & Support



Professional help

**Thriving**  
"I got this."

- Calm and steady with minor mood fluctuations
- Able to take things in stride
- Consistent performance
- Able to take feedback and to adjust to changes of plans
- Able to focus
- Able to communicate effectively
- Normal sleep patterns and appetite

**Surviving**  
"Something isn't right."

- Nervousness, sadness, increased mood fluctuations
- Inconsistent performance
- More easily overwhelmed or irritated
- Increased need for control and difficulty adjusting to changes
- Trouble sleeping or eating
- Activities and relationships you used to enjoy seem less interesting or even stressful
- Muscle tension, low energy, headaches

**Struggling**  
"I can't keep this up."

- Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness
- Exhaustion
- Poor performance and difficulty making decisions or concentrating
- Avoiding interaction with coworkers, family, and friends
- Fatigue, aches and pains
- Restless, disturbed sleep
- Self-medicating with substances, food, or other numbing activities

**In Crisis**  
"I can't survive this."

- Disabling distress and loss of function
- Panic attacks
- Nightmares or flashbacks
- Unable to fall or stay asleep
- Intrusive thoughts
- Thoughts of self-harm or suicide
- Easily enraged or aggressive
- Careless mistakes and inability to focus
- Feeling numb, lost, or out of control
- Withdrawal from relationships
- Dependence on substances, food, or other numbing activities to cope

## Thriving “I got this.”

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## Now what?

- Take time to savour the good
- Help others who are struggling
- Keep doing what you're doing
- Don't be guilty about feeling good!

## Now what?

- Try to let go of some of your to-do list items
- Add 1-2 coping strategies (eg exercise, limit social media)
- Reconnect to purpose (What do I want to stand for right now?)
- Use deep breathing to hold steady during difficult moments
- Connect with support system, tell somebody how you're feeling.

## Now what?

- Focus on meeting basic needs and getting through the day.
- Share, talk to somebody, make sure that people (including work) know how you feel. This is a sign of strength, not weakness.
- Talk to your GP, they want to help! They may want to sign you off. Embrace this, it can help.
- If you are offered support, take it.

## Now what?

- It is imperative to connect to a Mental Health Professional
- Follow the advice and engage with the support.
- You may well be signed off, potentially for a long while. This can be difficult to come to terms with, but it is for your own good.
- Keep talking
- Ensure you have emergency numbers to hand, eg The Samaritans. This is vital, especially if you have suicidal thoughts or thoughts of self-harm
- Focus solely on the short-term
- Let go of self-criticism & engage in self-compassion



# Mental Health



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Unwe

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*Thoughts?*

*Implications?*

*Questions?*

*Further Information?*

*[www.betterbalanceeducation.co.uk](http://www.betterbalanceeducation.co.uk)*

