



The Mental Health Continuum





Self-Care & Support

Professional help

Thriving	Surviving	Struggling	In Crisis
"I got this."	"Something isn't right."	"I can't keep this up."	"I can't survive 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 	 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 	 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 	 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

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Struggling "I can't keep this up."	In Crisis "I can't survive this."	
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and and

ALC: NO

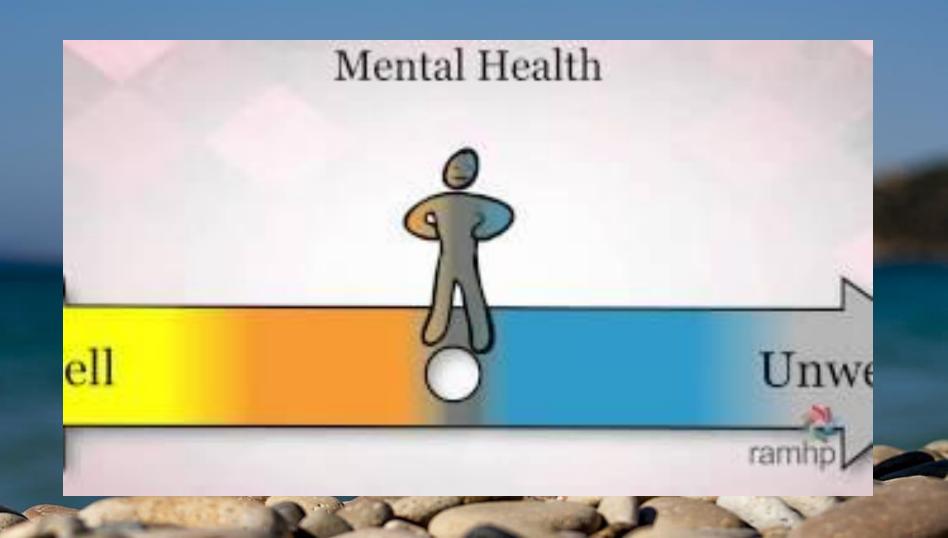
Now what?	Now what?
 Take time to savour the good Help others who are struggling Keep doing what you're doing Don't be guilty about feeling good! 	 Try to let go of some of your to-do list items Add 1-2 coping strategies (eg exercise, limit social media) Reconnect to purpose (What do I want to stand for right now?) Use deep breathing to hold steady during difficult moments Connect with support system, tell somebody how you're feeling.

Now what?

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.

- 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



Further Information?

www.betterbalanceeducation.co.uk

