



# The Mental Health Continuum



	Self-Care & Support		Professional Help	
	<b>Thriving</b> Healthy	<b>Surviving</b> Reacting	<b>Struggling</b> Injured	<b>In Crisis</b> Ill
<b>Mood</b>	<b>Normal</b> Minor mood fluctuations. Calm and taking things in your stride.	<b>Increased irritability,</b> impatience and feeling a little overwhelmed. "A bit up & down" Nervousness and sadness	<b>Persistent &amp; Pervasive</b> fear, panic, anxiety, anger sadness hopelessness	<b>Disabling distress &amp; Loss of function.</b> Angry & Aggressive Excessive anxiety & panic attacks. <b>Thoughts of self-harm or suicide</b>
<b>Attitude</b>	<b>Your normal self,</b> performing consistently well	<b>Inconsistent</b> performance Increase in forgetfulness, procrastination. Increased need for control. Difficulty adjusting to change	<b>Extremes</b> Poor performance or workaholic. Negative attitude. Difficulty concentrating. Difficulty making decisions.	<b>Inability to perform</b> Can't perform duties or concentrate. No focus. Easily enraged.
<b>Sleep</b>	<b>Your Normal sleep</b> pattern, few sleep difficulties.	<b>Some trouble sleeping</b> intrusive thoughts, nightmares. "2am thinking"	<b>Restless &amp; disturbed sleep.</b> Recurrent nightmares & images. No switching off.	<b>Too much or too little</b> Can't fall asleep, keep or stay asleep. Sleep too long Staying in bed
<b>Physical Health</b>	<b>Your Normal energy level.</b> Physically well,	<b>Low energy</b> Muscle tension. Headaches	<b>Exhaustion &amp; fatigue</b> Increased aches & pains	<b>Extremes</b> Constant Exhaustion/fatigue. Brief periods of feeling "wired."
<b>Activity</b> (Physical & Social)	<b>Active</b> physically and socially	<b>Decreased activity</b> Less socialising. Not as much fun, can't be bothered.	<b>Avoidance</b> Withdrawal from socialising with family and friends. Little/obsessive physical activity.	<b>Complete Withdrawal</b> Not going out or answering the phone/text messages/social media.
<b>Habits</b> (Coping Strategies)	<b>No/moderate &amp; limited</b> drug and alcohol use/gambling	<b>Regular but controlled</b> drug/alcohol use/gambling.	<b>Hard to Control &amp; Increased</b> Self medicating with substances/food Addiction gambling	<b>Out of Control Dependence</b> Substance abuse or numbing activities, inability to control with severe consequences.

