

# The Mental Health Continuum Model



## HEALTHY

- Normal mood fluctuations
- Able to take things in stride
- Good sense of humour
- In control mentally
- Normal sleep pattern
- Physically well
- Good energy level
- Consistent performance
- Physically and socially active
- Limited to no gambling, alcohol or substance use

## REACTING

- Irritable/Impatient
- Nervousness
- Sadness
- Overwhelmed
- Displaced sarcasm
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled alcohol/substance use/gambling

## INJURED

- Anger
- Anxiety
- Hopelessness
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless/disturbed sleep
- Recurrent images/nightmares
- Increased aches/pains/fatigue
- Avoidance/withdrawal
- Increased gambling, alcohol or substance use

## ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Depressed/suicidal thoughts
- Overt insubordination
- Unable to perform duties, control behaviour or concentrate
- Insomnia/too much sleep
- Physical illness
- Constant fatigue
- Not going out or answering phone
- Addiction to gambling, alcohol or substance