**Do I understand where my Mental Health is?**

**Mental Health Continuum Model**

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| --- | --- | --- | --- |
| **HEALTHY** | **REACTING** | **INJURED** | **ILL** |

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| Normal mood fluctuations  Calm & take things in stride  Good sense of humour  Performing well  In control mentally  Normal sleep patterns  Few sleep difficulties  Physically well  Good energy levels  Physically & Socially active  No or limited alcohol consumption  No Gambling | Irritable/Impatient  Nervous  Sadness/Overwhelmed  Displaced sarcasm  Procrastination  Forgetfulness  Trouble sleeping  Intrusive thoughts  Nightmares  Muscle tension/headaches  Low energy  Decreased activity/socialising  Regular but controlled alcohol consumption  Controlled gambling | Anger  Anxiety  Pervasively sad/hopeless  Negative attitude  Poor performance/workaholic  Poor concentration/decisions  Restless disturbed sleep  Recurrent images/nightmares  Increased aches and pains  Increased fatigue  Avoidance  Withdrawal  Increased alcohol consumption  Gambling is hard to control | Angry outbursts/aggression  Excessive anxiety/panic attacks  Depressed/suicidal thoughts  Over insubordination  Cannot perform duties, control behaviours or concentrate  Cannot fall asleep or stay asleep  Physical illnesses  Constant fatigue  Not going out or answering the phone  Alcohol and/or gambling addiction  Other addictions. |