**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 fluctuationsCalm & take things in strideGood sense of humourPerforming wellIn control mentallyNormal sleep patternsFew sleep difficultiesPhysically wellGood energy levelsPhysically & Socially activeNo or limited alcohol consumptionNo Gambling | Irritable/ImpatientNervousSadness/OverwhelmedDisplaced sarcasmProcrastinationForgetfulnessTrouble sleepingIntrusive thoughtsNightmaresMuscle tension/headachesLow energyDecreased activity/socialisingRegular but controlled alcohol consumptionControlled gambling | AngerAnxietyPervasively sad/hopelessNegative attitudePoor performance/workaholicPoor concentration/decisionsRestless disturbed sleepRecurrent images/nightmaresIncreased aches and painsIncreased fatigueAvoidanceWithdrawalIncreased alcohol consumptionGambling is hard to control | Angry outbursts/aggressionExcessive anxiety/panic attacksDepressed/suicidal thoughtsOver insubordinationCannot perform duties, control behaviours or concentrateCannot fall asleep or stay asleepPhysical illnessesConstant fatigueNot going out or answering the phoneAlcohol and/or gambling addictionOther addictions. |