

## MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
Normal mood fluctuations	Irritable/impatient	Angry	Angry outbursts / Aggression
Calm & takes things in stride	Nervous	Anxious	Excessive anxiety / Panic attacks
Good sense of humor	Sad / Overwhelmed	Pervasively sad / Hopeless	Depressed / Suicidal thoughts
Performing well	Displaced sarcasm	Negative attitude	Over insubordination
In control mentally	Procrastination / Forgetfulness	Poor performance / Workaholic Poor concentration & decision-making	Can't perform duties, control behavior, or concentrate
Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts / Nightmares	Restless disturbed sleep Recurrent images / Nightmares	Can't fall asleep or stay asleep / Sleeping too much or too little
Physically well	Muscle tension / Headaches	Increased aches and pains	Physical illnesses
Good energy level	Low energy	Increased fatigue	Constant fatigue
Physically and socially active	Decreased activity and socializing	Avoidance / Withdrawal	Not going out or answering phone
No or limited alcohol use / Gambling	Regular but controlled alcohol use / Gambling	Increased alcohol use / Gambling is hard to control	Alcohol or gambling addiction / Other addictions

### ***Action***

Review the Mental Health Continuum: What zone are you in right now?

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