



The Mental Health Continuum



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

