

Mental Health Continuum Model



HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> ▶ Normal fluctuations in mood ▶ Normal sleep patterns ▶ Physically well, full of energy ▶ Consistent performance ▶ Socially active ▶ No trouble/impact due to substance use 	<ul style="list-style-type: none"> ▶ Nervousness, irritability, sadness ▶ Trouble sleeping ▶ Tired/low energy, muscle tension, headaches ▶ Procrastination ▶ Decreased social activity ▶ Limited to some trouble/impact due to substance use 	<ul style="list-style-type: none"> ▶ Anxiety, anger, pervasive sadness, hopelessness ▶ Restless or disturbed sleep ▶ Fatigue, aches and pains ▶ Decreased performance, presenteeism ▶ Social avoidance or withdrawal ▶ Increased trouble/Impact due to substance use 	<ul style="list-style-type: none"> ▶ Excessive anxiety, easily enraged, depressed ▶ Suicidal thoughts and intentions ▶ Unable to fall or stay asleep ▶ Exhaustion, physical illness ▶ Unable to perform duties, absenteeism ▶ Isolation, avoiding social events ▶ Dependence

Actions to Take at Each Stage of the Continuum

<ul style="list-style-type: none"> ▶ Focus on task at hand ▶ Break problems into manageable chunks ▶ Identify and nurture support systems ▶ Maintain healthy lifestyle 	<ul style="list-style-type: none"> ▶ Recognize limits ▶ Get adequate rest, food, and exercise ▶ Engage in healthy coping strategies ▶ Identify and minimize stressors 	<ul style="list-style-type: none"> ▶ Identify and understand own signs of distress ▶ Talk with someone ▶ Seek help ▶ Seek social support instead of withdrawing 	<ul style="list-style-type: none"> ▶ Seek consultation as needed ▶ Follow health care provider recommendations ▶ Regain physical and mental health
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