Mental Health Continuum Model

**HEALTHY**
- Normal mood fluctuations
- Calm/confident
- Good sense of humour
- Takes things in stride
- Can concentrate/focus
- Consistent performance
- Normal sleep patterns
- Energetic, physically well, stable weight
- Physically and socially active
- Performing well
- Limited alcohol consumption, no binge drinking
- Limited/no addictive behaviours
- No trouble/impact due to substance use

**REACTING**
- Nervousness, irritability
- Sadness, overwhelmed
- Displaced sarcasm
- Distracted, loss of focus
- Intrusive thoughts
- Trouble sleeping, low energy
- Changes in eating patterns, some weight gain/loss
- Decreased social activity
- Procrastination
- Regular to frequent alcohol consumption, limited binge drinking
- Some to regular addictive behaviours
- Limited to some trouble/impact due to substance use

**INJURED**
- Anxiety, anger, pervasive sadness, hopelessness
- Negative attitude
- Recurrent intrusive thoughts/images
- Difficulty concentrating
- Restless, disturbed sleep
- Increased fatigue, aches and pain
- Fluctuations in weight
- Avoidance, taintness, decreased performance
- Frequent alcohol consumption, binge drinking
- Struggle to control addictive behaviours
- Increase trouble/impact due to substance use

**ILL**
- Excessive anxiety, panic attacks, easily enraged, aggressive
- Depressed mood, numb
- Non compliant
- Cannot concentrate, loss of cognitive ability
- Suicidal thoughts/intent
- Cannot fall asleep/stay asleep
- Constant fatigue, illness
- Extreme weight fluctuations
- Avoidance, absenteeism
- Can’t perform duties
- Regular to frequent binge drinking
- Addiction
- Significant trouble/impact due to substance use

**Actions to Take at Each Phase of the Continuum**
- Focus on task at hand
- Break problems into manageable tasks
- Controlled, deep breathing
- Nurture a support system
- Recognize limits, take breaks
- Get enough rest, food, exercise
- Reduce barriers to help-seeking
- Identify and resolve problems early
- Example of personal accountability
- Talk to someone, ask for help
- Tune into own signs of distress
- Make self-care a priority
- Get help sooner, not later
- Maintain social contact, don’t withdraw
- Follow care recommendations
- Seek consultation as needed
- Respect confidentiality
- Know resources and how to access them

**The Big 4**

**GOAL SETTING**
- Specific: your behaviour
- Measurable: see progress
- Attainable: challenging and realistic
- Relevant: want it or need it
- Time-bound: set finish time

**SELF TALK**
- Become aware of self-talk
- Stop the negative messages
- Replace with positive
- Practice thought stopping: 
  - “I can do this.”
  - “I am trained and ready.”
  - “I will focus on what I can do.”

**VISUALIZATION**
- Be calm and relaxed
- Use all senses
- See positive mental images
- Keep it simple
- Use movement

**TACTICAL BREATHING**
- Rule of 4:
  - Inhale to count of 4
  - Exhale for count of 4
  - Practice for 4 minutes
  - Breathe into the diaphragm

**AIR: Ad Hoc Incident Review**

**ACKNOWLEDGE** that something has happened, and listen.

**INFORM:** Check in and apply the Mental Health Continuum Model.

**RESPOND:** Observe and follow up.

If you are concerned about signs of poor or declining mental health in yourself or a buddy, get it checked out. Resources include:
- Buddies
- Mental Health Team
- Chaplains
- Leaders/Supervisors
- Crisis or Help Lines
- Community Mental Health Services
- Family Doctor
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**Signs and Indicators**

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