MENTAL HEALTH CONTINUUM MODEL

HEALTHY REACTING INJURED ILL

- Normal fluctuations in mood
- · Normal sleep patterns
- Physically well, full of energy
- · Consistent performance
- · Socially active

- Nervousness, irritability, sadness
- · Trouble sleeping
- Tired/low energy, muscle tension, headaches
- Procrastination
- Decreased social activity
- Anxiety, anger, pervasive sadness, hopelessness
- · Restless or disturbed sleep
- · Fatigue, aches and pains
- Decreased performance, presenteeism
- Social avoidance or withdrawal

- Excessive anxiety, easily enraged, depressed mood
- Unable to fall or stay asleep
- · Exhaustion, physical illness
- Unable to perform duties, absenteeism
- Isolation, avoiding social events

ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

- · Focus on task at hand
- Break problems into manageable chunks
- Identify and nurture support systems
- · Maintain healthy lifestyle
- · Recognize limits
- Get adequate rest, food, and exercise
- Engage in healthy coping strategies
- Identify and minimize stressors
- Identify and understand own signs of distress
- · Talk with someone
- · Seek help
- Seek social support instead of withdrawing
- Seek consultation as needed
- Follow health care provider recommendations
- Regain physical and mental health