

The Mental Health Continuum

What is it?

A sliding scale self assessment tool that helps you gauge your wellbeing (not diagnostic), build your vocabulary and recognize changes in mood, thinking, and behavior that could signal a decline or improvement to your mental health.

Why use it?

It's an approachable and supportive way to start the conversation of how you and your colleagues are doing, while building knowledge of different factors to wellness. Knowing the warning signs of a decline in mental health could mean checking in sooner and helping a colleague find support to get back on track.

How to use it:

Post this where it's viewed frequently, and add to staff pre-shift meetings or check-ins by asking "where are you on the scale today?". Sometimes it's easier for someone to say "I'm in the orange today" than "I'm feeling anxious and unmotivated".

← THE MENTAL HEALTH CONTINUUM →				
SELF CARE & SOCIAL SUPPORT		PROFESSIONAL CARE		
	HEALTHY	REACTING	INJURED	ILL
	Normal Functioning	Common & Reversible Distress	Significant Functional Impairment	Clinical Disorder. Severe & Persistent Functional Impairment
MOOD	Normal mood fluctuations Calmness and the ability to take things in stride	Being irritable or impatient Being nervous Being sad or overwhelmed	Anger Anxiety Pervasive sadness or hopelessness	Angry outbursts or aggression Excessive anxiety or panic attacks Depression or suicidal thoughts
ATTITUDE	A good sense of humour Good performance Being in control	Expressing displaced sarcasm Procrastination Forgetfulness	A negative attitude Poor performance or workaholic behaviour Poor concentration or decisions	Excessive insubordination An inability to perform duties, control behaviour or concentrate
SLEEP	Normal sleep patterns Few sleep difficulties	Having trouble sleeping Having intrusive thoughts Having nightmares	Restless or disturbed sleep Recurrent images or nightmares	An inability to fall asleep or stay asleep Sleeping too much or too little
PHYSICAL HEALTH	Being physically well Having a good energy level	Having muscle tension or headaches Having low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
ACTIVITY	Being physically and socially active	Decreased activity or socializing	Avoidance Withdrawal	Not going out or not answering phone
HABITS	Limited or no alcohol use or gambling.	Regular but controlled alcohol use or gambling.	Increased alcohol use or hard-to-control gambling	Alcohol or gambling addiction Other addictions

ACTIONS TO TAKE AT EACH PHASE 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 Identify and minimize stressors Engage in healthy coping strategies Get adequate food, rest, and exercise 	<ul style="list-style-type: none"> Identify and understand own signs of distress Seek social support and talk with someone instead of withdrawing Seek help 	<ul style="list-style-type: none"> Seek consultation as needed Follow health care provider recommendations Regain physical and mental health
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Canadian Mental Health Association
British Columbia
Mental health for all

