

This is a graphic that shows the Mental Health Continuum broken into four columns titled, from left, Healthy, Reacting, Injured and Ill, with seven rows in each column. The first row is a description of what the title means and is followed by rows titled Mood, Attitude, Sleep, Physical Health, Activity and Habits. At the bottom of this section of the graphic is a subhead "Actions to take at each phase of the continuum" and then four rows of action under each column.

The top of the graphic says "Mental Health Continuum," with an arrow before the words pointing left and an arrow after the words pointing right.

The Healthy and Reacting columns are listed under a line indicating need for "self care and social support"; the Injured and Ill columns are listed under a line indicating need for "professional care."

Healthy is displayed first and described as "normal functioning."

Its rows are as follows:

Mood is described as normal mood fluctuations, calmness and the ability to take things in stride.

Attitude is described as a good sense of humor, good performance and being in control.

Sleep is described as normal sleep patterns and few sleep difficulties.

Physical health is described as being physically well and having a good energy level.

Activity is described as being physically and socially active.

Habits is described as limited or no alcohol use or gambling.

Actions to take in the healthy phase are focus on the task at hand, break problems into manageable chunks, identify and nurture support systems, and maintain a healthy lifestyle.

Reacting is displayed second and described as common and reversible distress.

Mood is described as being irritable or impatient, being nervous ,or being sad and overwhelmed.

Attitude is described as expressing displaced sarcasm, procrastination and forgetfulness.

Sleep is described as having trouble sleeping, having intrusive thoughts and having nightmares.

Physical health is described as having muscle tension or headaches and having low energy.

Activity is described as having decreased activity or socializing.

Habits is described as regular but controlled alcohol use or gambling.

Actions to take in the reacting phase are recognize limits; identify and minimize stressors; engage in healthy coping strategies; and get adequate food, rest and exercise.

Injured is displayed third and described as having significant functional impairment.

Mood is described as anger, anxiety, and pervasive sadness and hopelessness.

Attitude is described as a negative attitude, poor performance or workaholic behavior, and poor concentration or decisions.

Sleep is described as restless or disturbed sleep and recurrent images or nightmares.

Physical activity is described as increased aches and pains and increased fatigue.

Activity is described as avoidance and withdrawal.

Habits is described as increased alcohol use or hard-to-control gambling.

Actions to take in the injured phase are identify and understand own signs of distress, seek social support and talk with someone instead of withdrawing, and seek help.

Ill is displayed last and described as having a clinical disorder, severe and persistent functional impairment.

Mood is described as angry outbursts or aggression, excessive anxiety or panic attacks, and depression or suicidal thoughts.

Attitude is described as excessive insubordination or an inability to perform duties, control behavior or concentrate.

Sleep is described as an inability to fall asleep or stay asleep and sleeping too much or too little.

Physical activity is described as physical illnesses and constant fatigue.

Activity is described as not going out or answering phone.

Habits is described as alcohol or gambling addiction and other addictions.

Actions to take in the ill phase are seek consultations as needed, follow health care provider recommendations, and regain physical and mental health.