## **The Mental Health Continuum Tool**

Mental health is always changing with every other aspect of our lives. The Mental Health Continuum Tool uses general signs and indicators to help you track your mental health and wellness. People's mental health can move back and forth along the continuum ranging from green to vellow. orange and red, and back again. The Continuum tool can help you notice changes in your mood, attitude, behaviours, substance use, and physical changes, so you can take the appropriate actions needed to support your mental health and well-being in all colour zones.

HEALTHY	REACTING	INJURED	ILL
Healthy mood fluctuations Good sense of humour Healthy sleep patterns Feeling energetic Good performance Healthy physical/ social activity No trouble/impact due to substance use	<ul> <li>Irritability/impatience</li> <li>Displaced sarcasm</li> <li>Occasional trouble sleeping</li> <li>Occasional lack of energy</li> <li>Occasional performance issues and/or procrastination</li> <li>Occasional avoidance of physical/ social activity</li> <li>Limited trouble/impact due to substance use</li> </ul>	<ul> <li>Anger</li> <li>Cynicism</li> <li>Frequent trouble sleeping/ restlessness</li> <li>Frequent tiredness</li> <li>Frequent performance issues and/or procrastination</li> <li>Social avoidance or withdrawal</li> <li>Frequent trouble/impact due to substance use</li> </ul>	<ul> <li>Excessive anger or rage</li> <li>Humourless</li> <li>Inability to fall/stay asleep/or insomnia</li> <li>Constant and prolonged physic exhaustion</li> <li>Inability to perform duties and, or complete tasks</li> <li>Isolation, avoiding social event</li> <li>Severe trouble/impact due to substance use</li> </ul>
	Actions to Take at Each I	Phase of the Continuum	
Focus on task at hand Break challenges into manageable chunks Identify and nurture support systems Maintain a healthy lifestyle	<ul> <li>Recognize limits</li> <li>Get adequate rest, food, and exercise</li> <li>Engage in healthy coping strategies</li> <li>Identify and minimize stressors</li> </ul>	<ul> <li>Identify and understand own signs of distress</li> <li>Talk with someone you trust</li> <li>Seek professional help</li> <li>Seek social support instead of withdrawing</li> </ul>	<ul> <li>Get immediate help</li> <li>Follow professional/medical recommendations</li> <li>Regain physical and mental health</li> </ul>

AN **OPENING MINDS** PROGRAM

Working Mind

emergency, call 9-1-1 or go to your local emergency department.