

MENTAL HEALTH CONTINUUM MODEL

HEALTHY HABITS

- Normal mood fluctuations
- Can concentrate/focus
- Normal sleep patterns
- Limited/no maladaptive coping behaviours and/or substance use

COPING TIPS

- Focus on the task at hand
- Break problems/challenges down into manageable tasks
- Nurture a support system

REACTING HABITS

- Nervousness, irritability
- Sadness, overwhelmed
- Distracted, loss of focus
- Trouble sleeping, low energy
- Some to regular maladaptive coping behaviours / substance use

COPING TIPS

- Recognize your limits and take breaks when needed
- Get adequate rest, nutrition, and exercise
- Reduce barriers to seeking help

INJURED HABITS

- Anxiety, anger, pervasive sadness, hopelessness
- Difficulty concentrating
- Restless, disturbed sleep
- Struggle to control maladaptive coping behaviours / substance use

COPING TIPS

- Tune into your own signs of distress
- Get help sooner, not later
- Maintain social contact; don't withdraw

ILL HABITS

- Excessive anxiety, panic attacks, easily enraged, aggressive
- Depressed mood, numb
- Cannot concentrate, loss of cognitive ability
- Suicidal thoughts/intent
- Cannot fall asleep/stay asleep
- Significant trouble / impact due to substance use / maladaptive coping behaviours

COPING TIPS

- Follow care recommendations
- Seek consultation as needed

*Adapted from *The Mental Health Continuum Model* originally created by The Department of National Defence
For a more complete list of habits and coping strategies, visit:
https://theworkingmind.ca/sites/default/files/resources/r2mr_poster_en.pdf