MENTAL HEALTH CONTINUUM

The Mental Health Continuum (MHC) is an effective way to describe the range of mental health experiences people may have. Individuals can move either direction along the continuum in response to life events and the amount of support and skills they have available. This information can help you determine your current place on the MHC and what would help you maintain or move along the continuum. It's important to identify your circle of support and create a plan.

- A FRIEND OR LOVED ONE
- SOMEONE WHO GIVES GOOD ADVICE/LISTENING EAR
- A PROFESSIONAL MENTAL HEALTH CARE PROVIDER
- REACH OUT TO A CRISIS RESOURCE

THRIVING

- Normal mood fluctuations
- Sense of humor
- Generally joyful, confident, positive and optimistic
- good to high energy levels
- No trouble or impact due to alcohol or substance abuse
- Socially active, consciously seeking healthy social connections
- Healthy Sleep Routine
- Physically well

SURVIVING

STRUGGLING

SIGNS & SYMPTOMS

- Nervous, irritability, sadness
- Trouble sleeping
- Tired/low energy
- Muscle tension, headaches
- Procrastination
- Decreased physical or social
- · Limited to some trouble or impact due to alcohol or substance abuse
- having intrusive thoughts or nightmares

Anxiety, anger

- Pervasive sadness, hopelessness
- Negative attitude
- Recurring intrusive thoughts or nightmares
- · Restlessness and sleep disturbances
- Social avoidance
- Increased aches and pains
- Increased tiredness/fatique
- Increased trouble or impact due to alcohol or substance abuse

CRISIS

- **High Anxiety**
- Depressed Mood
- Anger volatillity or outbursts
- Can't perform duties, control behavior or concentrate
- Suicidal thoughts
- Social isolation
- Consistent/prolonged fatigue or exhaustion [']
- Signficant trouble or impact due to alcohol or substance abuse
- Other addictions

PRACTICE SELF-CARE & SOCIAL SUPPORT

SEEK PROFESSIONAL CARE

ACTION STEPS

- Practice good nutrition and
- Engage in consistent self-care
- Break problems into
- manageable chunks Recognize limits and take breaks when needed
- Identify and nurture support
- Maintain a healthy lifestyle

- Reach out to social support
- Practice healthy coping strategies
- Recognize limits
- Identify and minimize stressors
- Get adequate rest, food and exercise
- Practice mindfulness, breathing excercises

- Focus on top priority items & reschedule low priority items
- Identify and understand personal signs of stress
- Talk with someone
- · Seek HELP Identify additional
- Seek social support instead of withdrawing

- Seek consultation immediately
- Follow Healthcare provider recommendations '
- Regain physical and mental
- Reach out to 988, SupportLink or AFA EAP
- Remember, you are nevere

HELP IS AVAILABLE!



Have you called your **AFA EAP yet?**

