

Mental Health Continuum Model



Signs and Indicators

<ul style="list-style-type: none"> ▶ Normal fluctuations in mood ▶ Normal sleep patterns ▶ Physically well, full of energy ▶ Consistent performance ▶ Socially active ▶ No trouble/impact due to substance use 	<ul style="list-style-type: none"> ▶ Nervousness, irritability, sadness ▶ Trouble sleeping ▶ Tired/low energy, muscle tension, headaches ▶ Procrastination ▶ Decreased social activity ▶ Limited to some trouble/impact due to substance use 	<ul style="list-style-type: none"> ▶ Anxiety, anger, pervasive sadness, hopelessness ▶ Restless or disturbed sleep ▶ Fatigue, aches and pains ▶ Decreased performance, presenteeism ▶ Social avoidance or withdrawal ▶ Increase trouble/impact due to substance use 	<ul style="list-style-type: none"> ▶ Excessive anxiety, easily enraged, depressed mood ▶ Unable to fall or stay asleep ▶ Exhaustion, physical illness ▶ Unable to perform duties, absenteeism ▶ Isolation, avoiding social events ▶ Significant trouble/impact due to substance use
--	--	---	---

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 ▶ Get adequate rest, food, and exercise ▶ Engage in healthy coping strategies ▶ Identify and minimize stressors 	<ul style="list-style-type: none"> ▶ Identify and understand own signs of distress ▶ Talk with someone ▶ Seek help ▶ Seek social support instead of withdrawing 	<ul style="list-style-type: none"> ▶ Seek consultation as needed ▶ Follow health care provider recommendations ▶ Regain physical and mental health
--	---	---	---

Big Four Strategies

- ▶ SMART Goal Setting: set goals that are Specific, Measurable, Attainable, Relevant, and Time-bound
- ▶ Mental Rehearsal/Visualization: mentally prepare for "what-ifs"
- ▶ Self-talk: Focus, Persist, Confident
- ▶ Calming/Deep Breathing

Potential Sources of Support and Help

- ▶ Family, friends
- ▶ Colleagues, supervisors, human resources
- ▶ Campus resources
- ▶ Family doctor and other health care providers
- ▶ Community resources
- ▶ Insured or private services, such as psychologists

Other Techniques

- ▶ Join a support group
- ▶ Plan time for rest and fun
- ▶ Ask for help when necessary
- ▶ Set limits and boundaries
- ▶ Balance demands and priorities
- ▶ Identify unhealthy coping
- ▶ Apply problem-solving skills
- ▶ Keep lines of communication open
- ▶ Make self-care a priority
- ▶ Accept that you cannot do it all
- ▶ Get help sooner, not later
- ▶ Accept offers of help from friends
- ▶ Learn and try new ways to cope
- ▶ Be honest with yourself about how you're doing
- ▶ Focus on regaining health