

# WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?



## Healthy

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patters
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope

## Responding/Reacting

- Irritable/impatient
- Nervous
- Sad/overwhelmed
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Low Energy
- Decreased socialization
- Regular but controlled substance use

## Injured

- Anger
- Anxiety
- Pervasively sad/hopeless
- Poor performance/workaholic
- Poor decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Avoidance
- Increased fatigue
- Increased aches and pains
- Increased substance use is hard to control

## ILL

- Angry outbursts/Aggression
- Excessive anxiety
- Thoughts of suicide
- Can't perform duties or control behavior
- Can't concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out or answering phone
- Substance addiction



Mental health affects us all.

We are here for you and your family – Toronto Beyond the Blue

[info@TorontoBeyondTheBlue.com](mailto:info@TorontoBeyondTheBlue.com)

[www.TorontoBeyondTheBlue.com](http://www.TorontoBeyondTheBlue.com)