





Mental Health Continuum



	 I'm feeling good	 I'm feeling okay	 I'm feeling challenged	 I'm feeling overwhelmed
Feeling (mood/emotions)	Calm and content Optimistic Normal mood and in control of feelings	Sometimes irritable Occasional feeling of unease Shifting mood	Increased frustration Frequent feeling of unease Low or heightened mood	Irritability, sense of helplessness or panic Feelings of anger or sadness Constant high stress levels
Physical health	Good sleep quality and feeling rested Normal appetite Consistent physical activity	Occasional sleep disturbance Change in appetite Varying physical activity and energy levels	Average sleep quality and not feeling rested. Increased or reduced appetite Reduced or extreme physical activity	Poor sleep quality and increased fatigue. Extreme change in appetite Physical exhaustion or restlessness
Thinking (thoughts)	Feeling motivated Positive outlook/optimistic Feeling hopeful and optimistic	Sometimes indecisive Occasional frustration Occasional negative thoughts	Feeling less motivated Increased worrying Increased negative thoughts	Excessive worrying or overthinking Trouble concentrating Making poor decisions
Behaviours and Habits	Usual level of social activity Usual level of functioning and routine Feeling engaged, active and energetic	Feeling less sociable Less productive than normal Disruptions to normal habits and daily routines	Being present without being productive. Engaging in negative habits Putting off tasks	Avoidance of situations - work and social Risk taking that is out of character Unable to manage daily tasks

Build knowledge and learn to protect and act early

Actively manage your wellbeing by seeking extra support and professional care

Actions to take

5 Pillars of Wellbeing

Consider these actions at each part of the continuum process.

- 1. Connect**
To your Support Crew.
- 2. Be active**
Exercise regularly.
- 3. Keep learning**
Try new things.
- 4. Take notice**
Be aware of your thoughts, feelings, and being present of things around you.
- 5. Give to others**
Deliver small acts of kindness.

1. Connect

- Broaden your relationships
 - Identify who is in your Support Crew
 - Maintain regular conversations with your manager and colleagues.
- Internal supports:**
- Tap into any of the 7 Employee Assistance Program (EAP) streams when needed.
- External supports:**
- Local community centres provide various support services
- 2. Prioritise self-care strategies**
- 3. Keep learning - try new things**
- 5. Give to others**

1. Connect

- Maintain relationships
 - Discuss any concerns with your Support Crew and/or Peer Supporter.
 - Regular conversations with your manager.
- Internal supports:**
- Employee Assistance Program (EAP)
- External supports:**
- Join a local community-based support group. Example: walking group, community garden.
- 2. Prioritise self-care strategies**
- 3. Keep learning - try new things**
- 4. Identify areas in your wellbeing that need support or improvement.**
- 5. Give to others**

1. Connect

- Prioritise relationships
- Internal supports:**
- Call your local Peer Supporter.
 - Call the Reach Out program
 - Make an appointment with EAP.
 - Regular conversations with your manager
- External supports:**
- Call a community-based support line (Example: Lifeline, Beyond Blue, 13Yarn)
- 2. Prioritise self-care strategies**
- 4. Identify areas in your wellbeing that need support or improvement.**

1. Connect

- Connect to your Support Crew
 - Discuss concerns with your manager
- Internal supports:**
- Call the Reach Out program
 - Call EAP and request 'crisis counselling'.
- External supports:**
- Speak to your doctor or seek out other professional care.
 - Scheduling and book appointments with professional care.
- 2. Prioritise self-care strategies**
- 4. Determine the specific type of care and support required.**