

The Wellbeing Continuum







A visual tool that can be used to assist in understanding that health and mental health is not a fixed state, and we can move back and forth along this scale at different times during our lives.



Understanding the model

Positive and healthy functioning

Start to have difficulty coping

More difficulty coping and symptom increase (severity & frequency)

Severe impact on everyday functioning and ill health

THRIVING REACTING **STRUGGLING INJURY OR ILLNESS**

Feeling energetic Normal fluctuations in mood

Takes things in stride

Good sense of humour

Consistent performance

Physically and socially active Confident in self and

others

Drinking in moderation

Low energy levels

Nervousness

Irritability

Overwhelmed

Displaced sarcasm

Procrastination

Difficulty sleeping

Missing deadlines

Decreased physical and social activity Drinking regularly or in binges

Sprain/strain/cold/flu

Anxiety, anger

Pervasive sadness

Tearfulness

Feelings of worthlessness

Difficulty concentrating

Decreased performance

Avoidance, social withdrawal Increased use of alcohol (hard to control)

Fracture, severe pain Excessive anxiety, panic attacks

Depressed mood, numb Thoughts of self-

harm/suicide Inability to concentrate

> Unable to make decisions

Unable to fall asleep / remain asleep

Constant fatigue

Absent from social events Alcohol or other addiction

Next steps

Nurture support systems

Seek support **Recognise limits Early identification**

Ask for help Talk to someone **Prioritise self-care** Tune into signs of distress

Seek professional care and follow recommendations



- Start a conversation "Where are you on the continuum today?"
- Poster in work space or on team noticeboard
- Use during interactive team meetings via whiteboard function
- Position name labels or emojis to support check in