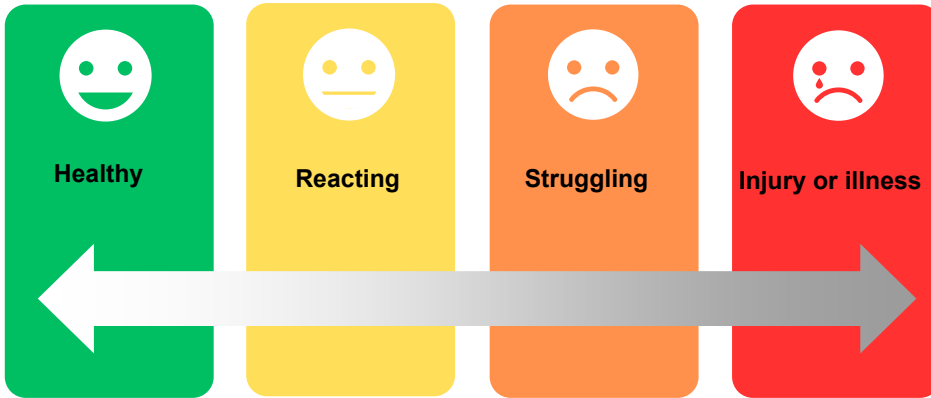


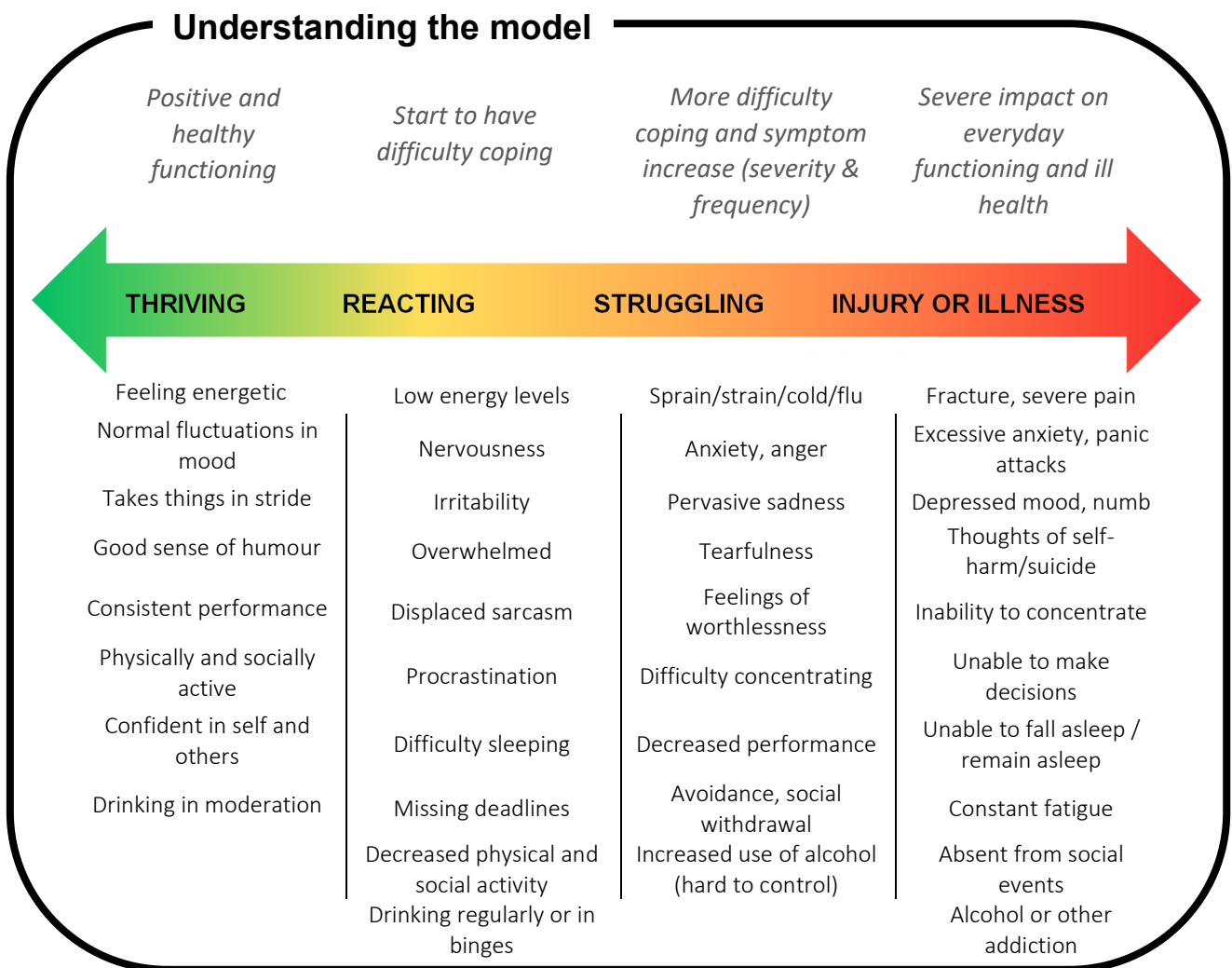


The Wellbeing Continuum



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



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



Using the model: In your team

- 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