



MENTAL HEALTH CONTINUUM MODEL

HEALTHY

- Normal mood fluctuations
- Calm and takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- No or limited alcohol use / gambling

REACTING

- Irritable / impatient
- Sadness/overwhelmed
- Displaced sarcasm
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension / headaches
- Low energy
- Decreased activity / socializing
- Regular but controlled alcohol use / gambling

INJURED

- Anger
- Anxiety
- Pervasively sad / hopeless
- Negative attitude
- Poor performance / workaholic
- Poor concentration / decisions
- Restless, disturbed sleep
- Recurrent images / nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased alcohol use / gambling is hard to control

ILL

- Angry outbursts / aggression
- Excessive anxiety / panic attacks
- Depressed / suicidal thoughts
- Over insubordination
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illnesses
- Constant fatigue
- Not going out or answering phone
- Alcohol or gambling addiction
- Other addictions

Source: Canadian Armed Forces