Mental Health Continuum Guide

HEALTHY	LIMITED DISTRESS/ REACTING	DECLINING MENTAL HEALTH/ INJURED	ILL
Normal Mood Fluctuations Normal Sleep Patterns Good Energy Performing Well	Common and reversible distress Usually temporary Daily life stressors Feelings (sadness, anxiety..) Can temporarily affect memory, Concentration, decision-making, Decreased Social Activity Back to normal self usually with rest, healthy food, exercise, and engaging in healthy coping strategies	Ability to Cope Failing Can be triggered by stressor Distress can last a long time Feeling challenges (sadness, anxiety..) are more difficult to resolve/ control Can be associated with other difficulties ; sleep, appetite, behaviour Can interfere with functioning May need help.	Possibly a clinical disorder Persistent and sustained change in emotion (anger/tantrums, sadness, anxiety, thinking, perception, behavior Interferes with functioning in at least one of the important areas of life (school, friends, family) Influenced by circumstances, or other factors as well However, may have no risk factors at all Not under the control of the individual.