MENTAL HEALTH CONTINUUM MODEL

HEALTHY

Normal fluctuations in mood
Takes things in stride
Good sense of humour
Consistent performance
Normal sleep patterns
Physically & socially active
Behaving ethically & morally
Confident in self & others
Limited or no alcohol/gambling

REACTING

Anxiety, Anger
Perseverative Thoughts
Hopelessness
Negative attitude
Difficulty concentrating
Trouble making decisions
Decreased performance or workaholic tendencies
Reckless, disturbed sleep
Increased fatigue, aches & pain
Recurrent void nightmares
Recurrent intrusive thoughts/images
Assistance, withdrawal
Increased alcohol use, gambling

INJURED

Nervousness, Irritability
Sadness, overwhelmed
Muscle tension, headaches
Intrusive thoughts
Occasional nightmares
Decreased social activity
Regular alcohol use/gambling

ILL

Excessive anxiety
Panic attacks
Easily enraged, aggressive
Depressed mood, numb
Over-irritability
Cannot concentrate
Inability to make decisions
Cannot perform duties
Cannot fall asleep/stay asleep
Constant fatigue, illness
Absent from social events
Suicidal thoughts/intent
Alcohol, gambling or other addictions

GOAL SETTING

Specific: your behaviour
Measurable: see progress
Attainable: challenging & realistic
Relevant: want it or need it
Time-bound: set finish line

VISUALIZATION

Break it down into small manageable pieces
Rehearse it first to improve performance

SELF-TALK

Be calm and relaxed
Use all senses
See positive mental images
Replace with positive

AROUSAL CONTROL

Talk to someone, ask for help
Don’t tune into your signs of distress
Make self care a priority
Don’t help sooner, not later
Maintain social contact, don’t withdraw

AIR: Ad Hoc Incident Review

1. Acknowledge that something has happened, and listen.
2. Inform: Check in & apply the Mental Health Continuum Model
3. Respond: Observe and follow-up

THE BIG 4

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Specific: your behaviour
Be calm and relaxed
Use all senses
See positive mental images

Measurable: see progress
Keep it simple

Attainable: challenging & realistic
Replace with positive

Relevant: want it or need it
Practice thought stopping

Time-bound: set finish line
Stop the negative messages

Follow care recommendations
Talk to someone, ask for help
Do not tune into your signs of distress
Make self care a priority

Respect confidentiality
Know resources & how to access them

If you are concerned about signs of operational stress in yourself or in a buddy, get it checked out.

Resources include:
Buddies
Chaplains
Medical Officer
Mental Health Team

Canada

1-800-883-6094
DOM-18-07-0085
www.forces.gc.ca/r2mr-rvpm/