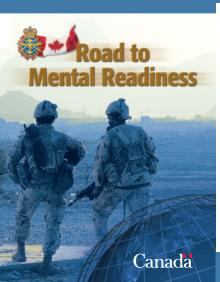
## **MENTAL HEALTH CONTINUUM MODEL**

## THE BIG 4



**HEALTHY** REACTING **INJURED** Normal fluctuations Nervousness, Irritability Anxiety, Anger Excessive anxiety in mood Sadness, overwhelmed Pervasive Sadness Tearfulness Panic attacks Takes things in stride Hopelessness, Worthlessness Displaced sarcasm Easily enraged, aggressive Good sense of humour Negative attitude Procrastination Depressed mood, numb Consistent performance Difficulty concentrating Forgetfulness Overt insubordination Normal sleep patterns Trouble sleeping Trouble making decisions Cannot concentrate Physically & socially active Decreased performance or Low energy Inability to make decisions workaholic tendencies Behaving ethically & morally Muscle tension, headaches Cannot perform duties Restless, disturbed sleep Confident in self & others Intrusive thoughts Cannot fall asleep/stay asleep Increased fatigue, aches & pain Limited or no alcohol/ Occasional nightmares Constant fatique, illness aamblina Recurrent vivid nightmares Decreased social activity Absent from social events Recurrent intrusive Regular alcohol use/gambling Suicidal thoughts/intent thoughts/images Alcohol, gambling or other Avoidance, withdrawal addictions Increased alcohol use. gambling-hard to control Focus on task at hand Recognize limits, take breaks Talk to someone: ask for help Get adequate rest, food, exercise Break problems into Tune into own signs of distress Seek consultation as needed manageable tasks Reduce barriers to help-seeking Make self care a priority Respect confidentiality Controlled, deep breathing Identify and resolve problems early. Get help sooner, not later Know resources & how to Nurture a support system access them Example of personal Maintain social contact,

don't withdraw

accountability

GOAL SETTING	VISUALIZATION	SELF-TALK	AROUSAL CONTROL
pecific: your behaviour easurable: see progress ttainable: challenging & alistic elevant: want it or need it me-bound: set finish line reak it down into small anageable pieces	Be calm and relaxed Use all senses See positive mental images Keep it simple Use movement Rehearse it first to improve performance	Become aware of self-talk Stop the negative messages Replace with positive Practice thought stopping "I can do this." "I am trained and ready." "I will focus on what I can do."	Tactical Breathing: Rule of 4 Inhale to count of 4 Exhale for count of 4 Practice for 4 minutes Breathe into the diaphragm.

## AIR: Ad Hoc Incident Review

- Acknowledge that something has happened, and listen.
- 2. Inform: Check in & apply the Mental Health
- Continuum Model

  3. Respond: Observe and follow-up

Resources include:
Buddies Chaplains

If you are concerned about signs of operational

stress in yourself or in a buddy, get it checked out.

Buddies Chaplain
Medical Officer Leaders
Mental Health Team Medics