

MENTAL HEALTH CONTINUUM MODEL

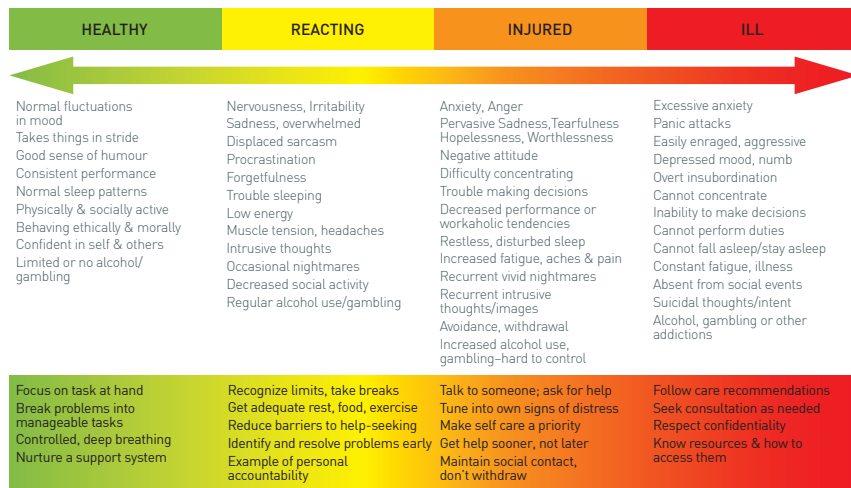
THE BIG 4



Road to Mental Readiness



Canada



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

AIR: Ad Hoc Incident Review

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

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	Leaders
Mental Health Team	Medics