

The Mental Well-Being Continuum: This framework helps illustrate the different mental health phases we may experience throughout our lives and careers. The following chart provides you with high-level tips and strategies to help you sustain your mental well-being or address potential mental well-being concerns or challenges, based on where you are on the Mental Well-Being Continuum.

← HEALTHY	REACTING	INJURED	ILL →
<ul style="list-style-type: none"> • Normal fluctuations in mood • Normal sleep patterns • Physically well, full of energy • Consistent performance • Socially active 	<ul style="list-style-type: none"> • Nervousness, irritability, sadness • Trouble sleeping • Tired/low energy, muscle tension, headaches • Procrastination • Decreased social activity 	<ul style="list-style-type: none"> • Anxiety, anger, pervasive sadness, hopelessness • Restless or disturbed sleep • Fatigue, aches and pains • Decreased performance, presenteeism • Social avoidance or withdrawal 	<ul style="list-style-type: none"> • Excessive anxiety, easily enraged, depressed mood • Unable to fall or stay asleep • Exhaustion, physical illness • Unable to perform duties, absenteeism • Isolation, avoiding social events
Actions to Take at Each Phase of the Continuum			
<ul style="list-style-type: none"> • Focus on task at hand • Break problems into manageable chunks • Identify and nurture support systems • Maintain healthy lifestyle 	<ul style="list-style-type: none"> • Recognize limits • Get adequate rest, food, and exercise • Engage in healthy coping strategies • Identify and minimize stressors 	<ul style="list-style-type: none"> • Identify and understand own signs of distress • Talk with someone • Seek help • Seek social support instead of withdrawing 	<ul style="list-style-type: none"> • Seek consultation as needed • Follow health care provider recommendations • Regain physical and mental health

Source: Mental Health Commission of Canada – Mental Health Continuum Model

For more information and well-being resources:

- [Mental Health and Well-being page on Currents](#)
- Access Homewood Health 24/7/365 at: 1-800-663-1142 or homeweb.ca