



THE MENTAL HEALTH CONTINUUM



SELF CARE & SOCIAL SUPPORT

PROFESSIONAL CARE

	HEALTHY	REACTING	INJURED	ILL
	Normal Functioning	Common & Reversible Distress	Significant Functional Impairment	Clinical Disorder, Severe & Persistent Functional Impairment
MOOD	Normal mood fluctuations Calmness and the ability to take things in stride	Being irritable or impatient Being nervous Being sad or overwhelmed	Anger Anxiety Pervasive sadness or hopelessness	Angry outbursts or aggression Excessive anxiety or panic attacks Depression or suicidal thoughts
ATTITUDE	A good sense of humour Good performance Being in control	Expressing displaced sarcasm Procrastination Forgetfulness	A negative attitude Poor performance or workaholic behaviour Poor concentration or decisions	Excessive insubordination An inability to perform duties, control behaviour or concentrate
SLEEP	Normal sleep patterns Few sleep difficulties	Having trouble sleeping Having intrusive thoughts Having nightmares	Restless or disturbed sleep Recurrent images or nightmares	An inability to fall asleep or stay asleep Sleeping too much or too little
PHYSICAL HEALTH	Being physically well Having a good energy level	Having muscle tension or headaches Having low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
ACTIVITY	Being physically and socially active	Decreased activity or socializing	Avoidance Withdrawal	Not going out or not answering phone
HABITS	Limited or no alcohol use or gambling	Regular but controlled alcohol use or gambling	Increased alcohol use or hard-to-control gambling	Alcohol or gambling addiction Other addictions

ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

Focus on task at hand Break problems into manageable chunks Identify and nurture support systems Maintain healthy lifestyle	Recognize limits Identify and minimize stressors Engage in healthy coping strategies Get adequate food, rest, and exercise	Identify and understand own signs of distress Seek social support and talk with someone instead of withdrawing Seek help	Seek consultation as needed Follow health care provider recommendations Regain physical and mental health
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The Common Sense Guide To Mental Health Care

Daniela Niemeyer



The Common Sense Guide To Mental Health Care:

Adopting the Melody of Phrase: An Emotional Symphony within **The Common Sense Guide To Mental Health Care**

In a global taken by screens and the ceaseless chatter of immediate connection, the melodic splendor and mental symphony produced by the prepared term usually fade in to the back ground, eclipsed by the persistent noise and disruptions that permeate our lives. But, located within the pages of **The Common Sense Guide To Mental Health Care** a wonderful fictional value brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that captivating masterpiece conducts visitors on an emotional trip, skillfully unraveling the hidden tunes and profound affect resonating within each carefully constructed phrase. Within the depths of this moving assessment, we can investigate the book is key harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://archive.kdd.org/files/publication/Documents/Talking%20With%20Americans.pdf>

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The Common Sense Guide To Mental Health Care Introduction

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