

## Tip sheet

# The mental health continuum

Mental wellbeing exists on a continuum; we move along it depending on both internal and external factors that may not always be in our control. We are at our best when we thrive and flourish.



**Thriving:** We can manage all aspects of our daily lives and are likely to have strong support systems in place.

**Reacting:** We start to feel less energised, more emotional and overwhelmed.

**Injured:** Negative feelings become persistent, and self-care should be prioritised. Talk to someone about what's going on.

**Illness:** Our relationships may be impacted, with possible sleep issues and suicidal thoughts. Seek specialist help to bring you back out of the red zone.

## How to flourish

- Cultivate self-acceptance
- Maintain positive and connected relationships and social wellbeing
- Focus on personal growth
- Find your purpose in life
- Remember your own autonomy and power

Consider where on the above continuum you currently sit. Think back a month, a week or even a day, and recognise the changes you have gone through. What is currently impacting your wellbeing and preventing you from thriving and flourishing?

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### Contact

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