

MENTAL HEALTH CONTINUUM MODEL

| HEALTHY | REACTING | INJURED | ILL |
|---|---|---|--|
| Normal mood fluctuations; Calm and takes things in stride | Irritable/impatient; Nervous; Sadness/overwhelmed | Anger; Anxiety; Pervasively sad/hopeless | Angry outbursts/aggression; Excessive anxiety/ panic attacks; Depressed/suicidal thoughts |
| Good sense of humour; Performing well; In control mentally | Displaced sarcasm; Procrastination; Forgetfulness | Negative attitude; Poor performance or workaholic; Poor concentration/decisions | Can't perform duties/control behaviour or concentrate; Engaging in behaviours which appear to be markedly out of character |
| Normal sleep patterns; Few sleep difficulties | Trouble sleeping; Intrusive thoughts; Nightmares | Restless disturbed sleep; Recurrent images/nightmares | Can't fall asleep or stay asleep; Sleeping too much or too little |
| Physically well; Good energy level | Muscle tension/ headaches; Low energy | Increased aches and pains; Increased fatigue | Physical illnesses; Constant fatigue; Changes to appetite (increased or decreased) |
| Physically and socially active | Decreased activity/ socialising | Avoidance; Withdrawal | Not going out or answering phone |
| No/limited drug and alcohol use/gambling | Regular but controlled drug and alcohol use/ gambling | Increased drug and alcohol use/ gambling – hard to control | Frequent drug and alcohol or gambling use – inability to control with severe consequences; Out of character decision making e.g. spending |
| Maintain positive attitude; Focus on task in hand; Break problems into manageable tasks; Nurture support systems | Recognise limits, take breaks; Get adequate rest, food, exercise and physical activity; Identify and resolve problems early | Make self care a priority; Maintain social contact, don't withdraw; Talk to someone | Follow care recommendations; Know resources available and how to access them |

THE BIG FOUR

Tools for managing mental challenges and being at your best.

|  TACTICAL BREATHING |  FLEXIBLE THINKING |  OPTIMISM |  HEALTHY HABITS |
|--|--|--|---|
| <p>Rule of 4</p> <ul style="list-style-type: none"> > Inhale to count of 4 > Exhale for count of 4 > Practice for 4 minutes > Breathe gently into the diaphragm | <p>First identify thoughts that contribute to stress. What are you telling yourself?</p> <p>Challenge thoughts</p> <ul style="list-style-type: none"> > Is this thought helping me be resilient? > What other ways can I look at this situation? > What evidence do I have that this thought is true? > What would I say to a friend in this situation? | <p>Good and bad things can occur at the same time – redirect attention to good things that are happening.</p> <ul style="list-style-type: none"> > Identify three good things that occurred recently. > Why are they important to you? > How can you make these happen more often? | <p>When you have a healthy lifestyle you can cope with challenges better.</p> <ul style="list-style-type: none"> > Identify the healthy behaviour you want to implement > Identify the barriers to continuing this behaviour > Make a plan to overcome those barriers |

EAT WELL **EXERCISE REGULARLY** **MAKE TIME FOR ACTIVITIES YOU ENJOY** **TIME WITH FAMILY & FRIENDS**

| | | |
|---|---|---|
| Positive self talk <i>'I can do this'</i> | Break things down into manageable chunks, plan to overcome obstacles <i>'SMART Goals'</i> | Rehearse and imagine success <i>'I am doing this'</i> |
|---|---|---|

SOMETIMES WE NEED A HELPING HAND

Don't wait for a crisis. Seeking help early will speed your recovery.

Where to go for help:

Contact your GP, health professional, Minister/Kaumata, or EAP provider.

Talk with someone you trust – family member, mate, manager.

Useful helplines:

Lifeline
0800 543 354
Confidential counselling service

Depression Helpline
0800 111 757

Healthline
0800 611 116
24/7 Health Advice

Alcohol Drug Helpline
0800 787 797

Parent Helpline
0800 568 856

Need to talk?
Free text or call 1737 anytime
Counselling service

SUPPORTING OTHERS

Look for changes in moods and behaviours

When to pay special attention

- > Relationship issues
- > Grief and loss
- > Family concerns
- > Training failure
- > Illness
- > Disciplinary action
- > Financial problems
- > Traumatic event
- > Career setback

What can I do?

- > Offer support
- > Ask what would be helpful
- > Talk, listen, reassure
- > Don't suggest they 'harden up'
- > Don't take moods personally
- > Encourage them to seek further help

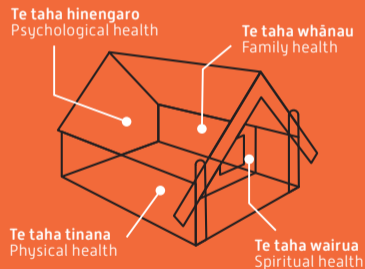
TE WHARE TAPA WHĀ*

The four cornerstones of wellbeing

Sometimes life can be tough.

Staying well means caring for your body, soul, mind and whānau.

It's a sign of strength to ask for help.



**Build a solid foundation...
Nurture all aspects of your Whare**

* Te Whare Tapa Whā, Model of health – Mason Durie (1982)

1

**BODY
TE TAHA
TINANA**

Physical health

Eat well, sleep well, exercise

3

**SOUL
TE TAHA
WAIRUA**

Spiritual health

Acknowledge who you are, what you believe in and where you have come from

2

**MIND
TE TAHA
HINENGARO**

Psychological health

Understand how mental health can shift over time – recognise the signs

Use resilience tools

4

**CONNECTION
TE TAHA
WHĀNAU**

Family health

Nurture and build your relationships

Keep an eye out for your buddies (and get them to do the same for you)



Living Well

Resources to support a healthy lifestyle



Virtual Hope Box

Resilience tools



Calm

Tools to meditate, sleep and relax



Headspace

Guided meditation

USEFUL WEBSITES

- > mentalhealth.org.nz
- > thelowdown.co.nz
- > parenthelp.org.nz
- > skylight.org.nz
- > depression.org.nz

ACKNOWLEDGEMENT

The Government H&S Lead would like to thank the New Zealand Defence Force for their permission to adapt their resource.

Mental Health

POCKETBOOK

**Government
Health & Safety Lead**