**Mental Health Continuum Model**

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

**Tools for managing mental challenges and being at your best.**

<table>
<thead>
<tr>
<th>TACTICAL BREATHING</th>
<th>FLEXIBLE THINKING</th>
<th>OPTIMISM</th>
<th>HEALTHY HABITS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rule of 4</strong></td>
<td><strong>First identify thoughts that contribute to stress.</strong></td>
<td><strong>When you have a healthy lifestyle you can cope with challenges better.</strong></td>
<td><strong>Maintain positive attitude; Focus on task in hand; Break problems into manageable tasks; Nurture support systems.</strong></td>
</tr>
<tr>
<td>&gt; Inhale to count of 4</td>
<td><strong>What are you telling yourself?</strong></td>
<td></td>
<td><strong>When you have a healthy lifestyle you can cope with challenges better.</strong></td>
</tr>
<tr>
<td>&gt; Exhale for count of 4</td>
<td><strong>Challange thoughts</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt; Practice for 4 minutes</td>
<td>&gt; Is this thought helping me be resilient?</td>
<td><strong>Identify the health behaviour you want to implement</strong></td>
<td><strong>Get adequate rest, food, exercise and physical activity; Identify, and resolve problems early.</strong></td>
</tr>
<tr>
<td>&gt; Breathe gently into the diaphragm</td>
<td>&gt; What other ways can I look at this situation?</td>
<td><strong>Identify the barriers to continuing this health behaviour</strong></td>
<td><strong>Make a plan to overcome these barriers.</strong></td>
</tr>
</tbody>
</table>

**The Big Four:**

- **Tactica Breathing**
- **Flexible Thinking**
- **Optimism**
- **Healthy Habits**

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

**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/Kaumatua, or EAP provider.
- Talk with someone you trust – family member, mate, manager.
- **Useful helplines:***
  - **Lifeline** 0800 543 354
  - **Confidential counselling service**
  - **Healthline** 0800 611 116
  - **24/7 Health Advice**
  - **Parent Helpline** 0800 568 856
  - **Depression Helpline** 0800 111 757
  - **Alcohol Drug Helpline** 0800 787 797
  - **Lifeline** 0800 543 354
  - **Confidential counselling service**
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**Government Health & Safety Lead**

Date of issue: September 2018
SUPPORTING OTHERS
Look for changes in moods and behaviours

When to pay special attention
> Relationship issues
> Grief and loss
> Financial problems
> Training failure
> Illness

What can I do?
> Offer support
> Ask what would be helpful
> Talk, listen, reassure
> Don’t suggest they ‘harden up’

Sometimes life can be tough.
Staying well means caring for your body, soul, mind and whānau.

What is it a sign of strength to ask for help?

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

The four cornerstones of wellbeing

1 BODY
   TE TAHA TINANA
   Physical health
   Eat well, sleep well, exercise

2 MIND
   TE TAHA HINENGARO
   Psychological health
   Understand how mental health can shift over time – recognise the signs
   Use resilience tools

3 SOUL
   TE TAHA WAIRUAI
   Spiritual health
   Acknowledge who you are, what you believe in and where you have come from

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]

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
Living Well Resources to support a healthy lifestyle
Virtual Hope Box Resilience tools
Calm Tools to meditate, sleep and relax
Headspace Guided meditation

Te Whare Tapa Whā
The four cornerstones of wellbeing

1. Physical health (Te taaha tinana)
   - Eat well, sleep well, exercise

2. Psychological health (Te taaha hinengaro)
   - Understand how mental health can shift over time
   - Recognise the signs
   - Use resilience tools

3. Spiritual health (Te taaha wairau)
   - Acknowledge who you are, what you believe in and where you have come from

4. Family health (Te taaha whānau)
   - Nurture and build your relationships
   - Keep an eye out for your buddies (and get them to do the same for you)