

CONTINUUM OF MENTAL HEALTH ZONES

HEALTHY REACTING INJURED ILL MENTAL HEALTH AND MENTAL PERFORMANCE INDICATORS Low energy, tension, or headaches High energy, good Persistent fatigue, Exhaustion, Physical physical health physical illness aches, or pains Good humour, usual Occasional anxiety, Persistent anxiety, Excessive anxiety, Emotional mood fluctuations frustration, or sadness anger, or depressed mood High focus, usual Reduced focus, Poor focus, frequent No focus, persistent **Psychological** pleasant and increased unpleasant unpleasant thoughts dark or suicidal unpleasant thoughts thoughts thoughts Usual social activity Reduced social Social avoidance Isolation or withdrawal Social Ongoing sleep Usual sleep patterns Insomnia or Behavioural disturbances oversleeping High engagement Presenteeism Absenteeism Consistent, good engagement, performance Poor performance Inability to perform procrastination or complete usual tasks performance MENTAL HEALTH AND MENTAL PERFORMANCE PRACTITIONERS Mental Health | Performance Mental performance Counsellor Counsellor Mental performance consultant Consultant **Psychotherapist Psychotherapist** Social worker Social worker **Psychologist Psychologist** Counsellor Medical doctor Medical doctor Psychotherapist **Psychiatrist Psychiatrist** Social worker **Psychologist**

Medical doctor

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