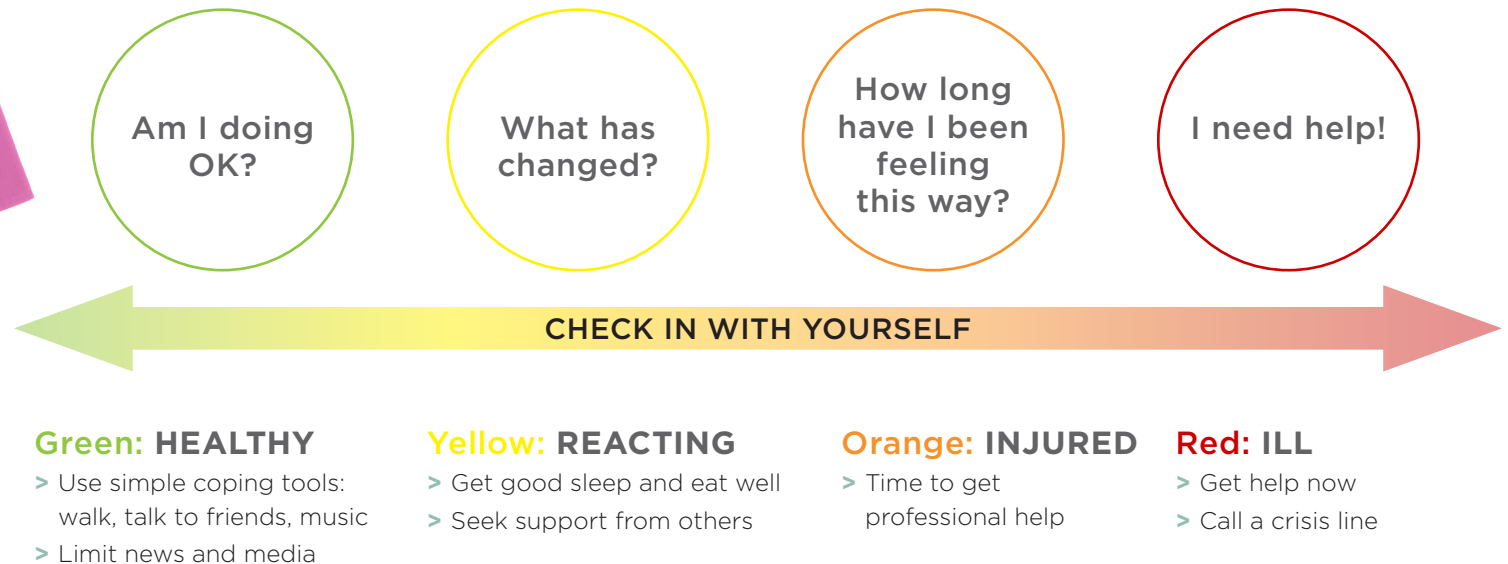




HOW AM I DOING?

It can be hard to find time to stop and think about your own mental health when working in a busy health-care setting



Use this quick tool to ask yourself “How am I doing?”

It will help you notice and be able talk about changes in yourself, a co-worker, family member or friend.

You may notice:

- > Physical changes
- > Changes in how you think, feel and act
- > Changes in substance use

How can I use it?

- > Take a minute each day to see where you are on the colour continuum.
- > Text or call a friend or family member and use the colours to talk about how you are feeling, coping or reacting in the moment.
- > Do a “colour” check-in at team meetings or as a conversation opener with staff.

To Access the *Mental Health Continuum Self-Check Tool* see over

MENTAL HEALTH CONTINUUM SELF-CHECK TOOL

	HEALTHY	REACTING	INJURED	ILL
Changes in Mood	<ul style="list-style-type: none"> • Calmness • Confidence/optimism • Healthy mood fluctuations 	<ul style="list-style-type: none"> • Nervousness • Occasional self-doubt/pessimism • Irritability/impatience 	<ul style="list-style-type: none"> • Feelings of Anxiety • Loss of self-confidence, apathy, frequent pessimism • Anger 	<ul style="list-style-type: none"> • Feelings of excessive anxiety • Feelings of depression, numbness, hopelessness • Excessive anger or rage
Changes in Thinking and Attitude	<ul style="list-style-type: none"> • Good sense of humour and optimistic • Healthy attitude and thinking patterns • Ability to concentrate and/or focus on tasks • Occasional inability to cope and/or handle competing demands 	<ul style="list-style-type: none"> • Displaced sarcasm • Occasional negative intrusive thoughts • Occasional distraction and/or loss of focus on tasks • Some difficulty and/or procrastination 	<ul style="list-style-type: none"> • Cynicism • Frequent negative intrusive thoughts/suicidal ideation • Frequent distraction and/or loss of focus on tasks • Frequent inability to cope and/or handle competing demands 	<ul style="list-style-type: none"> • Humourless • Obsessive negative intrusive thoughts/suicidal intent • Inability to concentrate and/or complete loss of memory or cognitive abilities • Pervasive sense of incompetence and/or feeling completely overwhelmed
Changes in Behaviour and Performance	<ul style="list-style-type: none"> • Healthy physical/social activity • Good performance; occasional performance issues • Physically present and engaged • Mentally present and alert 	<ul style="list-style-type: none"> • Occasional avoidance of physical/social activity • Occasional performance issues and/or procrastination • Occasional presenteeism • Occasionally distant/distracted 	<ul style="list-style-type: none"> • Frequent avoidance of physical/social activity • Frequent performance issues and/or procrastination • Frequent presenteeism/absenteeism • Frequent distant/distracted and/or pulling away from others 	<ul style="list-style-type: none"> • Isolation and/or complete withdrawal from physical/social activity • Inability to perform duties and/or complete tasks • Constant and prolonged absenteeism • Not mentally present
Physical Changes	<ul style="list-style-type: none"> • Healthy sleep patterns • Healthy appetite • Feeling energetic • Healthy and stable weight 	<ul style="list-style-type: none"> • Occasional trouble sleeping • Occasional gain/loss of appetite • Occasional lack of energy • Occasional weight fluctuations 	<ul style="list-style-type: none"> • Frequently distant/distracted and/or pulling away from others • Frequent trouble sleeping/restlessness • Frequent gain/loss of appetite • Frequent weight fluctuations 	<ul style="list-style-type: none"> • Inability to fall/stay asleep and/or insomnia • Excessive food intake or complete loss of appetite • Constant and prolonged physical exhaustion • Extreme weight fluctuations
Changes in Substance Use and Addictive Behaviours	<ul style="list-style-type: none"> • Limited/no alcohol consumption and/or binge drinking • Limited/no addictive behaviours (i.e. gaming, social media use, etc.) • No trouble/impact due to substance use (i.e. smoking, vaping, etc.) 	<ul style="list-style-type: none"> • Occasional alcohol consumption and/or binge drinking • Occasional addictive behaviours (i.e. gaming, social media use, etc.) • Limited trouble/impact due to substance use (i.e. smoking, vaping, etc.) 	<ul style="list-style-type: none"> • Frequently alcohol consumption and/or binge drinking • Struggle to control addictive behaviours (i.e. gaming, social media use, etc.) • Frequent trouble/impact due to substance use (i.e. smoking, vaping, etc.) 	<ul style="list-style-type: none"> • Excessive alcohol consumption and/or binge drinking • Inability to control addictive behaviours (i.e. gaming, social media use, etc.) • Severe trouble/impact due to substance use (i.e. smoking, vaping, etc.)