

# LET'S TALK MENTAL HEALTH

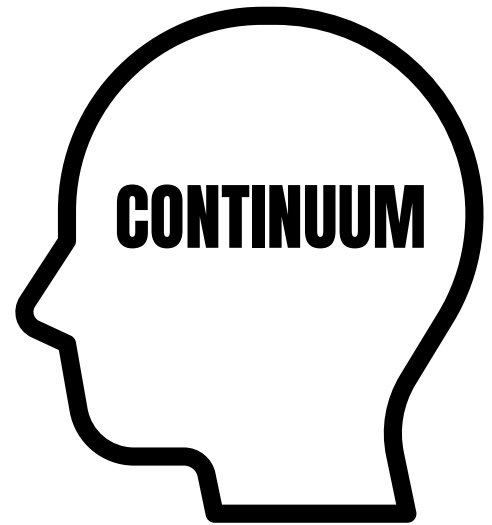
## The mental health continuum:

Mental health is not just the absence of illness. Most experts view mental health as a continuum, from healthy and excelling to being ill or in crisis. How you feel and think and the ways to cope vary across the continuum.

We all have days when we feel better than others, times when we thrive and excel, and times when we struggle and are in crisis.

Just like our physical health, there are things that we can do to make ourselves mentally healthier.

No matter where you are on your emotional health journey, we want to support you where we can.



	Excelling	Thriving	Surviving	Struggling	In Crisis
HOW YOU FEEL	<ul style="list-style-type: none"> <li>Cheerful</li> <li>Joyful</li> <li>Energetic</li> <li>High performance</li> <li>Realising potential</li> </ul>	<ul style="list-style-type: none"> <li>Positive</li> <li>Calm</li> <li>Performing</li> <li>Sleeping well</li> <li>Eating normally</li> <li>Normal socially</li> </ul>	<ul style="list-style-type: none"> <li>Worried</li> <li>Nervous</li> <li>Irritable</li> <li>Sad</li> <li>Trouble sleeping</li> <li>Distracted</li> <li>Withdrawn</li> </ul>	<ul style="list-style-type: none"> <li>Anxious</li> <li>Depressed</li> <li>Tired</li> <li>Poor performance</li> <li>Poor sleep</li> <li>Poor appetite</li> </ul>	<ul style="list-style-type: none"> <li>Very anxious</li> <li>Very low mood</li> <li>Absenteeism</li> <li>Exhausted</li> <li>Very poor sleep</li> <li>Weight loss</li> </ul>
HOW TO COPE	<ul style="list-style-type: none"> <li>Engage in regular exercise</li> <li>Focus on good nutrition</li> <li>Spend time with friends and family</li> <li>Manage your to-do list</li> </ul>	<ul style="list-style-type: none"> <li>Engage in regular exercise</li> <li>Focus on good nutrition</li> <li>Spend time with friends and family</li> <li>Manage your to-do list</li> </ul>	<ul style="list-style-type: none"> <li>Be proactive and seek out support</li> <li>Increase your focus on self-care</li> <li>Identify and reduce daily stressors</li> <li>Talk with a therapist</li> </ul>	<ul style="list-style-type: none"> <li>Acknowledge you are going through a challenging time</li> <li>Seek out support through professional help treatment and therapy</li> </ul>	<ul style="list-style-type: none"> <li>Take time away from work</li> <li>Seek out support through professional help, structured treatment and therapy</li> </ul>