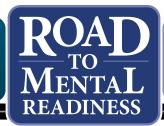
Emergency Medical Services **Firefighters**

Police Officers



Corrections Officers

Peace Officers Emergency Response Operators

HEALTHY REACTING **INJURED** ILL Common and More severe functional Diagnosable mental illness impairment distress severe and impairment Take things in stride Sad/Tearful Hopelessness/ Depressed mood/Suicidal Nervous Excessive anxiety/Panic **Anxious** Irritable/Impatient Normal mood fluctuations Angry Easily enraged/ Aggressive

Mood **deteriorates** as we move along the continuum. Irritability becomes anger, which moves to easily enraged; nervous become anxious which become excessive anxiety and panic; sadness become hopelessness and more pervasive and then depression.

Symptoms increase and functioning decreases as we move along the MHCM.

Changes in Attitude and Performance	Confidence in self	Procrastination	Poor performance; workaholic Poor concentration	Cannot perform duties
		Forgetful		
	Performing well	Frequently overwhelmed		Cannot concentrate
	Good sense of humour		Poor decision making	
		Displaced sarcasm		Cannot control behaviour
	Good attitude		Negative attitude	Overt
			moganito annuac	insubordination

The same pattern can be seen in attitude and performance as in mood. Symptoms increase, functioning

For example, when we are in the green zone, we often have the ability to laugh and our sense of humour is intact. But ever notice, as we move into the yellow, this turns to displaced sarcasm — or humour with an edge? If we move beyond that, we are dealing with a negative attitude and eventually, in the red, noncompliance. Our ability to think and reason also changes as we move along the continuum: concentration and memory problems increase; and our thinking patterns may start to include suicidal thoughts in the red.

Changes in Sleep and Physical Health	Physically well	Low energy/Some aches and pains	Increased fatique/Aches and	Constant or prolonged
	Few sleep difficulties		pains	exhaustion/
		Intrusive thoughts/	Recurrent	Frequent illness
	Normal sleep patterns	Nightmares	thoughts/	Persistent ongoing intrusive thoughts/
		Trouble sleeping	Nightmares	Nightmares
			Restless sleep	Cannot fall/stay asleep

This is an example of someone's ${f physical}$ changes from healthy to reacting and then to injured or ill.

What affects us mentally, affects us physically and vice versa. Our minds and bodies are connected. If someone is suffering from depression, they will have **physical symptoms**. When someone is suffering from a significant physical problem, such as chronic pain, they often begin to have **psychological difficulties**.

One of the physical changes you may notice as someone moves along the continuum is sleep. It is often one of the first areas affected. Ever noticed when in the yellow zone, and under a bit more stress, you have difficulty sleeping? It could be falling asleep or be waking up in the middle of the night with your mind going a mile a minute

Changes in Social Activity	Engaging in relaxation and recreational activities	Decreased enjoyment in recreational activities	Inability to enjoy activities Withdrawal	Not leaving the house or answering the phone
	Socially active	Decreased social activity		Complete avoidance or withdrawal

Social changes may include withdrawal from others.

The signs and indicators of mental illness do not necessarily all change together. For example, one person might primarily struggle with physical and social functioning, whereas someone else might primarily experience thinking and emotional difficulties.

Changes in
Substance
Use,
Gambling,
and Other
Risk-taking
Behaviours

No addictions to alcohol, drugs, gambling, or other Risk Taking Behaviour (RTB) Regular but controlled substance use, gambling, and RTB

Substance use, gambling, and RTBs hard to control Substance, gambling, or RTB addictions

It is important to understand how stress impacts on our mental health. Mental health, like physical health, exists along a continuum and is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. (WHO) The model goes from healthy adaptive coping (green), through mild and self-limiting distress or functional impairment (yellow). It is important to note that yellow is normal, occurs often and does not impact performance, most people move back and forth between green and yellow given the stressors we are experiencing.

If however, we move beyond the yellow zone, we will start to experience more severe, persistent problems or impairment (orange), and beyond that is where we would clinical illnesses and disorders that require more concentrated medical care (red).

The arrow over the four colour blocks indicates health is a continuum, and the state of one's health can move back and forth on the continuum. Many people have physical and mental health problems that, when identified and treated early, can be temporary and reversible. Even if injured or ill, it is possible for one to be healthy and functioning.