Mental Health Continuum – Reflection & Self-Check Tool

Mental Health | Self-Check Tool | PSP | Families

5-10 min read

Introduction

Mental health, like physical health, is not fixed. It changes over time and can be influenced by work, home, and community factors.

The Mental Health Continuum Model

The Mental Health Continuum Model can help recognize early signs of stress and distress in you or others, understand when additional supports may be helpful, and normalize movement both toward and away from wellness. Recognizing changes early can support timely self-care, peer support, or professional help when needed.

How to Use This Sheet

This tool can be used as a personal self-check or as part of a broader wellbeing conversation. Review the continuum and reflect on where you are today across different areas (mood, sleep, physical health, social wellbeing, and substance use).



You may find that you are in different places on the continuum at different times or in different areas. Movement along the continuum is normal. The goal is awareness — not judgment — and identifying when supports, coping strategies, or adjustments may be helpful.



Disclaimer

This worksheet is a self-reflection tool only. It is not intended to diagnose mental health conditions or replace professional medical, psychological, or clinical advice. If you are concerned about your mental health or wellbeing, consider reaching out to a qualified healthcare provider or trusted support.

Mental Health Continuum Overview

The Mental Health Continuum ranges from Healthy, to Reacting, to Injured, to Illness. Individuals can move back and forth along the continuum depending on stressors, supports, and coping strategies.

	Healthy	Reacting	Injured	Illness
Mood	Normal mood fluctuations Calm & takes things in stride	Irritable / impatient Sadness / overwhelmed	Anger / Anxiety Pervasively sad hopeless	Angry outbursts / aggression Excessive anxiety / panic Depressed / suicidal
Attitude & Performance	Good sense of humour Performing well In control mentally	Displaced sarcasm Procrastination Forgetfulness	Negative attitude Poor concentration Poor decision making	Overt insubordination Can't perform duties, control behaviour or concentrate
Sleep	Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts Nightmare	Restless disturbed sleep Recurrent images Recurrent nightmares	Can't fall asleep or stay asleep Sleeping too much / little
Physical Health	Physically well Good energy levels	Muscle tension Headaches Low energy	Increase aches and pains Increase fatigue	Physical illness Constant fatigue
Social Well Being	Physically and socially active	Decreased activity Reduced socializing	Avoidance Withdrawl	Not going out or answering phone
Substance Use & Gaming	No or low risk use of alcohol / cannabis / gambling / gaming	Alcohol / cannabis / gambling / gaming increasingly used to relieve tension / cope with stress	Difficulties limiting use of alcohol / cannabis / gambling / gaming	Unable to control use of alcohol / cannabis / gambling / gaming

Actions to Take at Each Phase of the Continuum



Healthy

- Focus on task at hand
- Break problems into manageable chunks
- Identify and nurture support systems
- Maintain healthy lifestyle

Reacting

- Recognize limits
- Identify and minimize stressors
- Engage in healthy coping strategies
- Get adequate food, rest, and exercise

Injured

- Identify and understand own signs of distress
- Seek social support and talk with someone instead of withdrawing
- Seek help

Ill

- Seek consultation as needed
- Follow health care provider recommendations
- Regain physical and mental health

Daily Reflection Worksheet – Digital Version - Fillable

Use the worksheet below to check-in with yourself on a daily or weekly basis. This can help you notice patterns over time and identify early signs that you may need rest, connection, or additional support. This worksheet is for personal use and can be printed or completed electronically.

Save more than one so you can document everyday.

Date	Where am I on the continuum today?	Key feelings or symptoms? (Ctrl+click)	What helped today?	What might I need tomorrow?	Who can I talk to?
	Healthy	Calm Confident Focused Energised Engaged Balanced Content			
	Reacting	Excessive anxiety Panic Depressed Despair Easily angered Emotionally numb Constantly exhausted			
	Injured	Excessive anxiety Panic Depressed Despair Easily angered Emotionally numb Constantly exhausted			
	Healthy	Excessive anxiety Panic Depressed Despair Easily angered Emotionally numb Constantly exhausted			
	Reacting	Excessive anxiety Panic Depressed Despair Easily angered Emotionally numb Constantly exhausted			
	Healthy	Excessive anxiety Panic Depressed Despair Easily angered Emotionally numb Constantly exhausted			

Daily Reflection Worksheet – Printout

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Print more than one so you can document everyday.

Date	Where am I on the continuum today?	Key feelings or symptoms?	What helped today?	What might I need tomorrow?	Who can I talk to?

Important Note

If you notice that you are spending more time in the Injured or Illness zones, or that symptoms are worsening or interfering with daily life, consider reaching out to a trusted person, workplace resources, or a healthcare professional.

If you or someone you know is in crisis, contact:

- 9-1-1 – Immediate emergencies
- 9-8-8 – Suicide Crisis Helpline (24/7)
- ConnexOntario – 1-866-531-2600 (mental health and addictions)
- Peer Support: Boots on the Ground – 1-833-677-2668
- Warrior Health Peer Support: https://warriorhealth.ca/en



It's okay to ask for help.
You're not alone.

Access Mental Health Services

