

Remember the first C in Stress First Aid is Check.
Use the Mental Health Continuum Chart every day to check on your stress levels.

Mental Health Continuum

	THRIVING	SURVIVING	STRUGGLING	IN CRISIS
	"I got this."	"Something isn't right."	"I can't keep this up."	"I can't survive this."
Mood	Normal mood fluctuations Ability to take things in stride	Being irritable or impatient Being sad or overwhelmed	Anger or anxiety Constant hopelessness	Angry outbursts or aggression Excessive anxiety or depression
Attitude	Good sense of humor Being in control	Displaced sarcasm Procrastination & forgetfulness	Negative attitude Poor concentration or decisions	Inability to perform duties, control behavior or concentrate
Sleep	Normal sleeping patterns Few sleep difficulties	Trouble sleeping or nightmares Intrusive thoughts	Restless or disturbed sleep Recurrent images or nightmares	Inability to fall or stay asleep Sleeping too much or too little
Physical Health	Being physically well Good energy level	Muscle tension or headaches Low energy	Increased aches and pains Fatigue	Physical illness Constant fatigue
Activity	Being physically and socially active	Decreased activity or socializing	Avoidance Withdrawal	Not going out or not answering phone
Habits	Limited or no alcohol use or gambling	Regular, but controlled alcohol use or gambling	Increased alcohol use or hard-to-control gambling	Alcohol or gambling addiction Other addictions

Self Care & Social Support

Professional Care

Actions to take

<ul style="list-style-type: none"> Focus on task at hand Identify support systems Maintain healthy lifestyle Continue to check mental health 	<ul style="list-style-type: none"> Recognize limits Identify and minimize stressors Use healthy coping strategies Do your GRAPES 	<ul style="list-style-type: none"> Tune into signs of distress Ask for help Talk to professional or personal support person 	<ul style="list-style-type: none"> Don't delay- seek professional help Follow health care provider recommendations
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Learn about Sharp HealthCare's mental health services at sharp.com/mentalhealth.