

Mental Health Continuum Model

Status	Characteristics	Symptoms/indicators	Recommended actions
Healthy	High energy and optimal functioning. Engaged and proactive in daily life.	Generally satisfied, stable emotions, resilient to normal stresses.	Maintain healthy routines and regular mental health check-ups.
Reacting	Experiences mild to moderate stress or anxiety and slight mood swings	Irritability, sadness, fatigue, sleep disturbances, still manage daily activities.	Increase self-care activities, monitor symptoms, and possibly consult a professional.
Injured	Frequent stress or anxiety impacts daily activities and relationships.	Persistent anxiety or depression, reduced performance, social withdrawal.	Seek professional help, consider therapy or counseling, enhanced support systems.
III	Severe symptoms that significantly impair daily functioning.	Inability to perform daily tasks, may have suicidal thoughts or severe depression.	Immediate psychiatric evaluation, possible medication, intensive therapy or support.

Additional notes