

Mental Health Continuum

Please use this continuum as a tool to assess your wellbeing and find suggestions on how to help yourself and others



You can download a copy of the Mental Health Continuum and find more wellbeing resources on our webpage:

www.nzwine.com/en/events/health-wellbeing/
 or scan the QR code

Green

HEALTHY

Normal fluctuations in mood
 Takes things in stride
 Good sense of humour
 Normal sleep patterns
 Physically & socially active
 Behaving ethically & morally
 Confidence in self & others
 In control of behaviour

What can I do?

Nurture a support system
 Maintain physical and mental wellbeing
 Keep up the 5 ways to wellbeing

Yellow

REACTING

Nervous & irritable
 Procrastination
 Forgetful
 Trouble sleeping
 Low energy
 Headaches, muscle tensions
 Intrusive thoughts
 Occasional nightmares
 Decreased social activity

What can I do?

Recognise & accept your limits
 Learn to say no
 Schedule 'me' time
 Rest, eat well & exercise
 Identify & resolve problems early
 Talk to someone you trust
 Stay connected

Orange

INJURED

Pervasive sadness, anxiety, anger, helplessness or worthlessness
 Difficulty concentrating or making decisions
 Decreased performance or workaholic tendencies
 Restless sleep or recurring nightmares
 Fatigue, aches & pains
 Intrusive thoughts & images
 Avoidance, withdrawal
 Alcohol & gambling

What can I do?

Ask for help now
 Reach out to a friend or professional
 Make self-care a priority
 Remember people can and want to help
 Tune into own signs of distress
 Maintain social contact

Red

ILL

Excessive anxiety, panic attacks
 Easily enraged, aggressive
 Depressed mood, numb
 Cannot concentrate
 Cannot fall or stay asleep
 Constant fatigue, illness
 Intrusive thoughts
 Absent from social events
 Suicidal thoughts

What can I do?

Reach out NOW
 Seek professional help
 Tell someone you trust you are unwell
 Access support resources – in person, online or phone 1737
 Remember people can and want to help