

MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
Normal mood fluctuations; Calm & takes things in stride	Irritable/Impatient; Nervous; Sadness/Overwhelmed	Anger; Anxiety; Pervasively sad/Hopeless	Angry outbursts/ aggression; Excessive anxiety/panic attacks; Depressed/Suicidal thoughts
Good sense of humour; Performing well; In control mentally	Displaced sarcasm; Procrastination; Forgetfulness	Negative attitude; Poor performance or Workaholic; Poor concentration/decisions	Overt insubordination; Can't perform duties, control behaviour or concentrate
Normal sleep patterns; Few sleep difficulties	Trouble sleeping; Intrusive thoughts; Nightmares	Restless disturbed sleep; Recurrent images/nightmares	Can't fall asleep or stay asleep; Sleeping too much or too little
Physically well; Good energy level	Muscle tension/headaches; Low energy	Increased aches & pains; Increased fatigue	Physical illnesses; Constant fatigue
Physically and socially active	Decreased activity/socializing	Avoidance; Withdrawal	Not going out or answering phone
No/limited drug & alcohol use / gambling	Regular but controlled drug & alcohol use/gambling	Increased drug & alcohol use / gambling-hard to control	Frequent drug & alcohol or gambling use-inability to control with severe consequences
Maintain positive attitude Focus on task in hand Break problems into manageable tasks Build support networks	Recognise limits, take breaks Get adequate rest, food and exercise Identify and resolve problems early	Make self care a priority Maintain social contacts Don't withdraw Talk to someone	Follow care recommendations; Know resources available and how to access them

THE BIG FOUR

Tools for managing mental challenges and being at your best

Tactical breathing	Flexible thinking	Optimism	Healthy Habits
<p>Rule of 4</p> <ul style="list-style-type: none"> Inhale to count of 4 Exhale for count of 4 Practice for 4 minutes Breathe gently into the diaphragm 	<p>First identify thoughts that contribute to stress. What are you telling yourself?</p> <p>Challenge thoughts</p> <ul style="list-style-type: none"> Is this thought helping me be resilient? What other ways can I look at this situation? What evidence do I have that this thought is true? What would I say to a friend in this situation? 	<p>Good and bad things can occur at the same time – redirect attention to good things that are happening.</p> <ul style="list-style-type: none"> Identify three good things that occurred recently. Why are they important to you? How can you make these happen more often? 	<p>When you have a healthy lifestyle you can cope with challenges better</p> <ul style="list-style-type: none"> Identify the healthy behaviour you want to implement Identify the barriers to continuing this behaviour Make a plan to overcome those barriers

Eat well	Exercise regularly	Make time for activities you enjoy	Time with family & friends
Positive self talk <i>'I can do this'</i>	Break things down into manageable chunks, plan to overcome obstacles <i>'SMART Goals'</i>	Rehearse and imagine success <i>'I am doing this'</i>	

SOMETIMES WE NEED A HELPING HAND

Don't wait for a crisis. Early help seeking will speed your recovery.

Resources include:

Defence health personnel, Psychologists, Medical Officers, Chaplains, Leaders, Medics, Social Workers, Defence Community Facilitators.

Where to go for help

0800NZDF4U (0800 693 348)

Confidential 24/7 help line service staffed by trained health professionals for Veterans and all members of the NZDF and their families.

VITAE 0508 664 981

24/7 Advice line for civilian personnel

Support for veterans 0800 483 8372

Lifeline 0800 543 354

Confidential national service

Healthline 0800 611 116

24/7 health advice

Text or call free 1737

24/7 free telehealth support/counselling

SUPPORTING OTHERS

signs to look out for

Look for changes in moods and behaviours

When to pay special attention

- Relationship issues
- Grief and loss
- Family Concerns
- Training failure
- Illness
- Disciplinary action
- Financial problems
- Traumatic event
- Career setback

What can I do?

Offer support
Ask what would be helpful
Talk, listen, reassure
Encourage them to seek further help

Don't suggest they 'harden up'
Don't take moods personally

TE WHARE TAPA WHĀ*

the four cornerstones of wellbeing

Sometimes life can be tough
Staying well means caring for your body, soul, mind and whānau

It's a sign of strength to ask for help

TE TAHA HINENGARO
Psychological health

3

TE TAHA WHĀNAU
Family health

4

TE TAHA TINANA
Physical health

1

TE TAHA WAIRUA
Spiritual health

2

Build a solid foundation...Nurture all aspects of your Whare

* Te Whare Tapa Whā, Model of health – Mason Durie (1982)

1

BODY
TE TAHA TINANA
Physical health

Eat well, sleep well, exercise

2

SOUL
TE TAHA WAIRUA
Spiritual health

Acknowledge who you are, what you believe in and where you have come from

3

MIND
TE TAHA HINENGARO
Psychological health

Understand how mental health can shift over time – recognise the signs
Use resilience tools

4

WHĀNAU
TE TAHA WHĀNAU
Family health

Nurture and build your relationships
Keep an eye out for your buddies (and get them to do the same for you)

Check out these Apps:



HighRes
Tools for managing stress



Calm
Tools to sleep, meditate and relax



Virtual Hope Box
Resilience tools



Headspace
Guided meditation



Force Fit
Making fitness your living



Res Co
Resilience Tools



Living Well
Tools for living a healthier lifestyle

Some of the many useful websites:

www.mentalhealth.org.nz
www.thelowdown.co.nz
www.supportingfamilies.org.nz
www.sparx.org.nz
www.calm.auckland.ac.nz
www.livingwell.org.au
<http://at-ease.dva.gov.au>
<http://veteransaffairs.mil.nz>
www.nzdf.mil.nz/families/default.htm
<http://orgs/sites/nzdf-mh/default.aspx> (NZDF Intranet)

NZDF health website (internet):

<http://health.nzdf.mil.nz>



Health

Mental Health

Pocket book