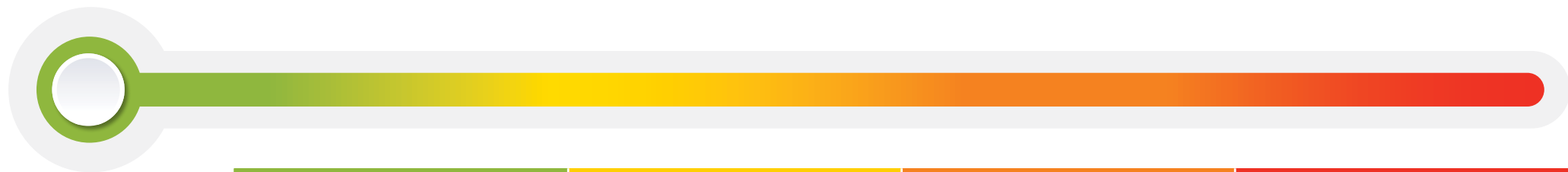


# AV Mental Health Continuum What to notice



	I'm doing what I need, and want, to do	I'm mainly doing what I need to do	It's harder, and taking me longer, to do what I need to do	I'm unable to do what I need to do
 <b>Moods &amp; Emotions</b>	Generally calm Confident Sense of purpose	Sometimes irritable Impatient Nervous A little flat	Regularly angry More anxious Often sad or low	Depressed Highly anxious Numb
 <b>Attitudes &amp; Thinking</b>	Positive outlook Sense of humour Easy to focus Generally decisive	Repetitive thoughts Forgetful Indecisive More frustrated by things	Easily annoyed Worrying constantly Difficulty making decisions	Defensive Not taking action, just letting things happen Often forgetful Can't think clearly May have suicidal thoughts
 <b>Behaviour &amp; Performance</b>	Usual levels of activity Sociable Consistent	Less active Less social Distracted Less organised Misplaced sarcasm	Lacking motivation Avoiding social situations At work but not productive Disorganised or late to things Snappy with people	Withdrawn Avoiding people Taking more sick leave Unable to complete tasks Regular arguments or disputes
 <b>Health &amp; Wellbeing</b>	Usual sleep patterns Usual appetite Energised Practicing self-care	Restless sleep Appetite changes Often tired	Trouble getting to or staying asleep Increased, or lack of, appetite Always tired Weight changes	Disrupted sleep pattern No appetite Prolonged exhaustion Unable to manage daily tasks
 <b>Habits &amp; Impulses</b> (eg shopping, eating, excessive exercise)	Usual patterns of coping and behaviour Responsive not reactive	Increased alcohol consumption and addictive behaviours More impulsive	Regular excessive drinking Struggle to control addictive behaviour More risk taking Actions have significant negative impacts	Uncontrollable addiction Regular risk taking Disregard for consequences