

**Mental health exists along a continuum. Where are you on the wellbeing barometer?**

## The Wellbeing Barometer



### **Mental Illness**

- Pronounced or prolonged alterations in thinking, mood, or behaviour.
- Chronic or long-term impairments that range from moderate to disabling in nature.



### **Emotional problems or concerns**

- Changes in appetite.
- Sleep difficulties.
- Problems concentrating.
- Regular use of alcohol or other drugs.
- No sense of balance in life.
- Little or no exercise.
- Physical illnesses.
- Isolation, withdrawal.
- Noticeable impairments in daily functioning.



### **Wellbeing**

- Balance of work, exercise and leisure activity.
- Healthy diet.
- Responsible and moderate use of alcohol.
- Healthy social relationships.
- Regular and stable sleep.
- Resilience and capacity to cope with and bounce back from adversity.