

StressContinuum

Thriving

"I got this!" "I am feeling good"

- Feeling calm and balanced (with few mood changes)
- Able to perform daily tasks and activities with ease
- Able to deal with problems and keep calm
- Able to take feedback and to adjust to changes of plans
- Able to communicate effectively
- Good overall physical health, little pain or discomfort
- Feeling energised
- Good sleep patterns and normal appetite

Now what?

- Take time to enjoy the good
- Help others who are struggling
- Keep using your go-to coping strategies
- Let go of guilt for feeling good (Yes, sometimes this happens!)

Surviving

"Something isn't right..."

- Feeling very emotional, nervous or sad
- Experiencing frequent mood changes
- Inconsistent performance, lots of ups and downs
- Easily frustrated when problems arise, overwhelmed or irritated
- Increased need to control and difficulty adjusting to changes
- Relationships or activities you used to enjoy seem less interesting or even stressful
- Muscle tension or pain, low energy, headaches
- Difficulty falling asleep or staying asleep. Changes in appetite and eating patterns

Now what?

- Try to let go of some to-do list items (decrease your workload)
- Connect with your support system (trusted friends, family, colleagues)
- Add 1-2 coping strategies (exercise, limit social media, meditation)
- Use deep breathing to help hold steady during difficult times.
- Reconnect to your purpose (what do I want to stand for now?)

Struggling

"I am suffering I can't do this..."

- Excessive worry about the future
- Suddenly feeling nervous, hopeless or fearful
- Increased difficulty to perform daily tasks, concentrate and make decisions
- Feeling "it's too much", "I cannot handle this"
- Rigidity, unable to see different perspectives
- Avoiding interaction with friends, family or coworkers
- Fatigue, pain, body aches
- Restless, uneasy, disturbed sleep
- Eating too much or too little, using alcohol or drugs to numb feelings and cope

Now what?

- Focus on meeting basic needs
- Let your support system know . It's OK to ask for help ('you are not a burden for doing this')
- Establish boundaries where possible (Prioritise your well-being and don't be afraid to say 'No')
- Consider talking to your GP, ask about a [Mental Health Care Plan](#) and a [Referral](#) to the service of your choice.

In Crisis

"I can't survive this..."
"There is no way out..."

- Suffering panic attacks, nightmares, flashbacks, horror and/or extreme fear.
- Making careless mistakes and inability to focus.
- Getting angry or aggressive over nothing. Feeling numb, detached of self, lost or out of control
- Paralysing distress, sorrow or pain
- Inability to get out of bed, take a shower or do simple tasks
- Isolation and social withdrawal
- Self harm, thinking or planning suicide
- Self medicating, drug or alcohol use in order to cope
- Unable to fall or stay asleep

Now what?

- Take time off work and other obligations. Focus on self-care
- Ask support system to help (Isolation is the enemy, try not to be alone)
- Focus solely on the short term
- Try to stay in the present moment
- Let go of self-criticism and cultivate self-compassion
- Get in touch your Psychologist or counsellor

Lifeline Crisis Support 24/7
☎ 13 11 14 🗨 www.lifeline.org.au

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