

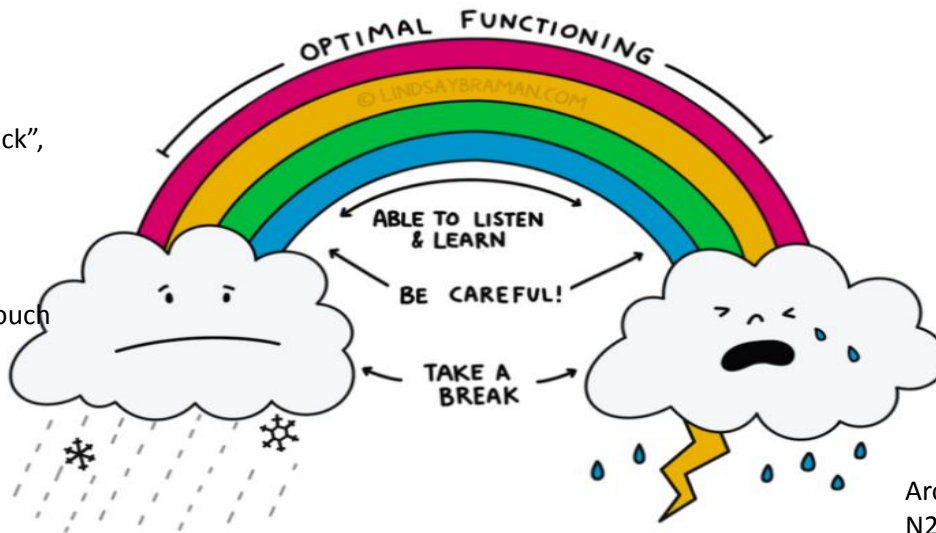
Window of Tolerance: Self-Awareness Scale

1 2 3 4 5 6 7 8 9 10

Hypoarousal

- Emotional Withdrawal
- “Shutting down”
- “Checking out”
- Delayed responses
- Physical immobility, “stuck”, tonic immobility “deep freeze”
- Flat affect, glazed eyes
- Dissociation
- Physically cold/cool to touch in extremities
- Slower breathing
- Isolation, rumination, self-criticism
- “I am NUMB”

Safe & Social Tend & Befriend



Hyperarousal

- Strong or “extreme” emotions: tears, shouting
- Hyperventilation (fast breathing)
- Faster than normal heart rate
- Anxiety, panic attack
- Fear response
- Rapid, possibly disorganized speech
- Hypervigilance (shifting eyes, awareness, suspicion of surroundings)
- Discomfort, shifting in seat, cannot sit still, “flight” activation
- Sensitivity to sounds, lights
- Isolation, rumination, self-criticism

Arousal Scale adapted by Sarah Lovegrove,
N2NPS Peer Facilitator

MENTAL HEALTH CONTINUUM MODEL

HEALTHY

REACTING

INJURED

ILL

- Normal fluctuations in mood
- Normal sleep patterns
- Physically well, full of energy
- Consistent performance
- Socially active

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy, muscle tension, headaches
- Procrastination
- Decreased social activity

- Anxiety, anger, pervasive sadness, hopelessness
- Restless or disturbed sleep
- Fatigue, aches and pains
- Decreased performance, presenteeism
- Social avoidance or withdrawal

- Excessive anxiety, easily enraged, depressed mood
- Unable to fall or stay asleep
- Exhaustion, physical illness
- Unable to perform duties, absenteeism
- Isolation, avoiding social events

ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

- Focus on task at hand
- Break problems into manageable chunks
- Identify and nurture support systems
- Maintain healthy lifestyle

- Recognize limits
- Get adequate rest, food, and exercise
- Engage in healthy coping strategies
- Identify and minimize stressors

- Identify and understand own signs of distress
- Talk with someone
- Seek help
- Seek social support instead of withdrawing

- Seek consultation as needed
- Follow health care provider recommendations
- Regain physical and mental health

How am I Doing?

Working in a health care setting, there is often no time to stop and think about your own mental health.



Green: Healthy

- ✓ Use simple coping tools: walk, talk to friends, music
- ✓ Limit news and media

Yellow: Reacting

- ✓ Get good sleep and eat well
- ✓ Seek support from others

Orange: Injured

- ✓ Time to get professional help

Red: Ill

- ✓ Get help now
- ✓ Call a crisis line

Use this quick tool to ask yourself "How am I doing?"

It will help you notice and be able to talk about changes in yourself, a co-worker, family member or friend.

You may notice:

- physical changes
- changes in how you think, feel and act
- changes in substance use

These changes may be normal reactions to the stress due to COVID-19.

How can I use it?

- ✓ Take a minute to see where you are on the colour continuum? Do this daily.
- ✓ Text or call a friend or family member and use the colours to talk about how you are feeling, coping or reacting in the moment.
- ✓ Do a "colour" check-in at team meetings or as a conversation opener with staff.

Access the Continuum Self-Check Tool



theworkingmind.ca/continuum-self-check