WORK TO WELLNESS Mental Health at Work

HEALTHY	REACTING	INJURED	ILL
 Normal mood fluctuations Resilient Normal energy level Positive relationships Able to focus Able to retain information Maintains boundaries Practices self-care Performing well 	 Volatile/Irritable Fatigue/lethargy Difficulties concentrating Forgetfulness Compromised decisions Some relationship issues Withdrawal/isolation Changes in self care Performance issues 	 Increased fatigue/ lethargy Increased withdrawal Pervasive negativity Relationship issues Inability to concentrate Poor decision making Memory impairments Poor/lack of self care Performance issues 	 Volatile/Angry/ Aggressive Withdrawal/Isolation Relationship issues Suicidal ideation Extreme fatigue or energy Extreme anxiety/ agitation Physical illnesses Absence of self-care Inability to perform
STAY HEALTHY		EALTHY	GET HELP