



Head



health.



We need to look after our mental health the same way we do our physical health.

- Being aware
- Knowing when to seek help



Our physical health.

FULLY FIT

UNWELL

Optimal physical health

Physical health concern

Physical health condition

**Positive and healthy
functioning at work
and home**

**Mild or temporary
impact on functioning
at work and home**

**Moderate to severe
impact on daily functioning
at work and home**



Our mental health.

THRIVING

UNWELL

Optimal mental health

Mental health concern

Mental health condition

**Positive and healthy
functioning at work
and home**

**Mild or temporary
impact on functioning
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**Moderate to severe
impact on daily functioning
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Our mental health.

THRIVING

UNWELL

Optimal mental health	Mental health concern	Mental health condition	
<ul style="list-style-type: none">– Normal or consistent mood– Good sense of humour– Good energy levels– Performing their job well– Normal sleep patterns– Physically fit and well– No or limited alcohol use or gambling– Demonstrates appropriate workplace behaviours	<ul style="list-style-type: none">– Irritability and impatience– Forgetfulness– Trouble sleeping– Difficulty managing thoughts and emotions– Muscle tension/headaches– Increased fatigue– Decreased activity/ socialising with co-workers– Regular but reasonable alcohol use/gambling	<ul style="list-style-type: none">– Difficulty managing emotions– Worrying– Pervasively sad/hopeless– Negative attitude– Poor performance/ overworking– Poor concentration/ decisions– Restless, disturbed sleep– Increased aches and pains– Increased fatigue– Avoidance and withdrawal– Increase alcohol use/ gambling is hard to control	<ul style="list-style-type: none">– Emotional outbursts such as aggression– Excessive worrying– Depressed/suicidal thoughts– Can't perform work duties or control behaviour– Sleeping excessively or not at all– Constant physical illness/impairment– Constant fatigue– Not socialising or communicating– Alcohol or gambling addiction

Support online and on hand.

- Resources and training
- Information on better nutrition
- Recovery after Trauma Guide
- How Ya Travellin'? Podcast



Access our **FREE resources**
on the Healthy Heads website
www.healthyheads.org.au



Download the
**FREE Healthy
Heads App**

