



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 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.

- healthyheads.org.au
- Learning Hub.
- Healthy Heads App.
- Workforce Handbook.

