



MENTAL HEALTH AND MENTAL PERFORMANCE INDICATORS

Physical
Emotional
Psychological
Social
Behavioural

	HEALTHY	REACTING	INJURED	ILL
Physical	● High energy, good physical health	● Low energy, tension, or headaches	● Persistent fatigue, aches, or pains	● Exhaustion, physical illness
Emotional	● Good humour, usual mood fluctuations	● Occasional anxiety, irritability, or sadness	● Persistent anxiety, frustration, or sadness	● Excessive anxiety, anger, or depressed mood
Psychological	● High focus, usual pleasant and unpleasant thoughts	● Reduced focus, increased unpleasant thoughts	● Poor focus, frequent unpleasant thoughts	● No focus, persistent dark or suicidal thoughts
Social	● Usual social activity	● Reduced social activity	● Social avoidance	● Isolation or withdrawal
Behavioural	● Usual sleep patterns High engagement Consistent, good performance	● Increased sleep difficulties Decreased engagement, procrastination Inconsistent, reduced performance	● Ongoing sleep disturbances Presenteeism Poor performance	● Insomnia or oversleeping Absenteeism Inability to perform or complete normal tasks

MENTAL HEALTH AND MENTAL PERFORMANCE PRACTITIONERS

Mental Health | Performance

	HEALTHY	REACTING	INJURED	ILL
Mental Health Performance	● Mental performance consultant	● Mental performance Consultant ● Counsellor Psychotherapist Social worker Psychologist Medical doctor	● Counsellor Psychotherapist Social worker Psychologist Medical doctor Psychiatrist	● Counsellor Psychotherapist Social worker Psychologist Medical doctor Psychiatrist