

MENTAL HEALTH

DANGER

You are at the peak of mental, emotional & physical distress & may feel suicide is the only option.



RAISE ALARM
RED FLAG

EMERGENCY
CRISIS TEAM

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CRITICAL

You're at an accelerated trauma/pain point, unable to take care of your basic needs, manage, cope or feel safe alone.

BREAKDOWN

Breaking point: the struggle is deeply affecting & blocking all key areas of functioning & life.

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SUPPORT
SPECIALIST

SUPPORT
SPECIALIST

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MELTDOWN

Total meltdowns -the distress is unmanageable: chronic high anxiety, exhaustion, pain, trauma, overwhelm.

AVOIDANCE

Loss of interest/ withdrawal in social connection, moderate pain scale, isolation & dysregulation.

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THERAPY/ GP
COUNSELLING
& CBT

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6

DISTRESS

Showing signs of struggle, mild anxiety, stress, affecting sleep, eating, relationships & enjoyment.

INTRUSION

Intrusive thoughts, emotions & pain noticeably impacting ability to stay present with life.

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THERAPY/ GP
MINDFULNESS
& MEDITATION

RESTORING
MY SOMATICS
NIDRA, SOUND

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WARNING

Feelings of stress, numbness, nervousness, irritability, reactivity, sadness, grief, agitation, loneliness more frequent & persistent.

FLUCTUATIONS

A few off days, occasional moods, a little withdrawn, some sleeping problems but coping with MY School strategies.

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RESETTING
MY SCHOOL
BREATHWORk

REPROGRAMMING
MY SCHOOL
7 KEYS MEDITATION

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SURFING

Awakening new confidence. Management, self regulation & skilled navigation of thoughts, feelings, emotions & beliefs.

GROUNDING

Foundations 4 safety, openness & trust. Engaging & connecting with life, people, art, music, dance, nature, body, higher self, etc.

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REFUELLING
MY SCHOOL
COMMUNITY &
MEDICINE YOGA

BLOOMING
MY SCHOOL
HEART SERVICE



FLOURISHING

Planting seeds & enjoying my creativity, flow, ease: riding the waves with joy, hope & presence.