

## MENTAL HEALTH CONTINUUM MODEL

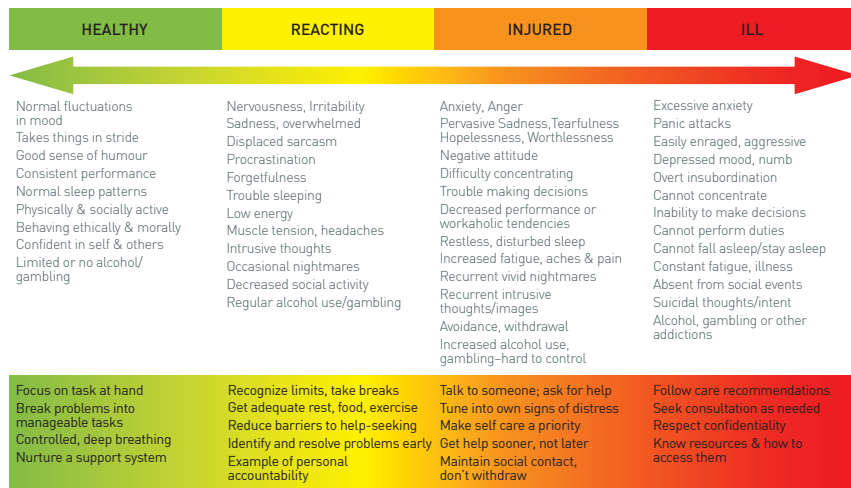
## THE BIG 4



# Road to Mental Readiness



Canada



GOAL SETTING	VISUALIZATION	SELF-TALK	AROUSAL CONTROL
<p><b>Specific:</b> your behaviour <b>Measurable:</b> see progress <b>Attainable:</b> challenging &amp; realistic <b>Relevant:</b> want it or need it <b>Time-bound:</b> set finish line</p> <p>Break it down into small manageable pieces</p>	<p>Be calm and relaxed Use all senses See positive mental images Keep it simple Use movement</p> <p>Rehearse it first to improve performance</p>	<p>Become aware of self-talk Stop the negative messages Replace with positive Practice thought stopping</p> <p>"I can do this." "I am trained and ready." "I will focus on what I can do."</p>	<p>Tactical Breathing: Rule of 4 Inhale to count of 4 Exhale for count of 4 Practice for 4 minutes</p> <p>Breathe into the diaphragm.</p>

### AIR: Ad Hoc Incident Review

- Acknowledge** that something has happened, and listen.
- Inform:** Check in & apply the Mental Health Continuum Model
- Respond:** Observe and follow-up

If you are concerned about signs of operational stress in yourself or in a buddy, get it checked out. Resources include:

Buddies	Chaplains
Medical Officer	Leaders
Mental Health Team	Medics