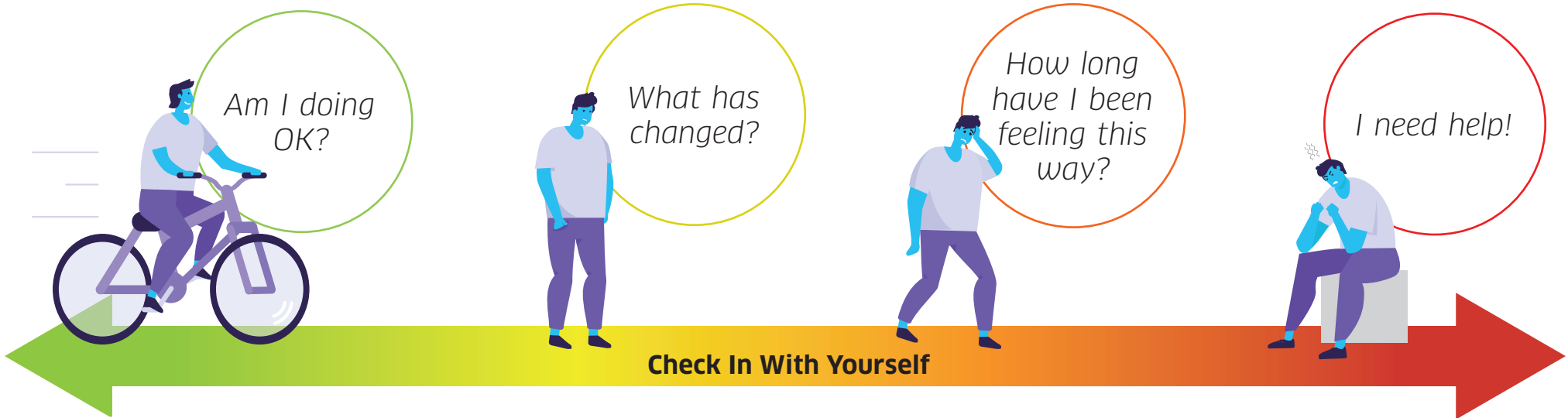


# How am I Doing?



## Green: Healthy

- ✓ Use simple coping tools: walk, talk to friends, music
- ✓ Limit news and media

## Yellow: Reacting

- ✓ Get good sleep and eat well
- ✓ Seek support from others

## Orange: Injured

- ✓ Time to get professional help

## Red: Ill

- ✓ Get help now
- ✓ Call a crisis line

## Use this quick tool to ask yourself "How am I doing?"

It will help you notice and be able to talk about changes in yourself, a co-worker, family member or friend.

You may notice:

- physical changes
- changes in how you think, feel and act
- changes in substance use

These changes may be normal reactions to the stress due to COVID-19.

## How can I use it?

- ✓ Take a minute to see where you are on the colour continuum? Do this daily.
- ✓ Text or call a friend or family member and use the colours to talk about how you are feeling, coping or reacting in the moment.
- ✓ Do a "colour" check-in at team meetings or as a conversation opener with staff.

## Access the Continuum Self-Check Tool



[theworkingmind.ca/continuum-self-check](https://theworkingmind.ca/continuum-self-check)



Mental Health  
Commission  
of Canada

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