

# TRADEMIND CONTINUUM

This tool helps us check in with where we're at, and what we can do so we can stay sharp, safe, and connected on and off the job. We all move back and forth on this scale, and knowing the signs early can make a big difference.

## SIGNS & INDICATORS

### HEALTHY

- Mood is steady and manageable
- Able to find humour and stay grounded
- Sleeping well, waking up rested
- Feeling energetic and motivated
- Focused and sharp on the job
- Active socially and physically outside of work
- Substance use or other potentially compulsive behaviors (if any) aren't causing any harm or concern

### REACTING

- Irritability, short fuse, or biting sarcasm
- Trouble falling or staying asleep
- Feeling tired even after rest
- More distracted or forgetful on the job
- Avoiding people or skipping usual activities
- Substance use or behaviors are increasing, but not yet problematic

### INJURED

- Anger shows up more often and more intensely
- Feeling hopeless, negative, or cynical
- Sleeping rarely or waking through the night
- Constant fatigue, going through the motions
- Work quality slipping, hard to focus or care
- Pulling away from others, not returning calls or texts
- Using substances or behaviors to cope, causing strain or disruption

### ILL

- Explosive anger or emotionally numb
- Not laughing, not sleeping, not eating
- Physically worn out and mentally checked out
- Can't get through the day or complete tasks
- Avoiding everyone, maybe even family
- Substance use or behaviors are out of control, interfering with safety or relationships

## ACTIONS TO TAKE AT EACH PHASE

- Stick to routine
- Stay connected
- Break tasks down
- Move, eat well, and sleep
- Use grounding tools (deep breathing, mental check-ins)

- Recognize changes early
- Talk to someone
- Use healthy coping (walks, music, breathwork)
- Minimize stressors
- Take small breaks to reset

- Talk to someone you trust
- Reach out to support (EAP, peer, counsellor)
- Focus on basics: sleep, food, movement
- Reconnect, don't isolate
- Use mental health tools (apps, support lines)

- Get immediate support
- Talk to a professional
- Call the Distress Centre Calgary: 403-266-HELP
- Let others help with next steps
- Follow a recovery plan