The workplace wellbeing continuum

Mental health continuum:

THRIVING	STRIVING	STRUGGLING	LANGUISHING
20%	30%	30%	20%

Functioning and stress levels:

High functioning	Common but reversable distress signs of emotional or behavioral distress	Significant functional impairment	Ill-health condition: clinical disorder, severe and persistent functional impairment

Audrey McGibbon
CEO and Psychologist, GLWS

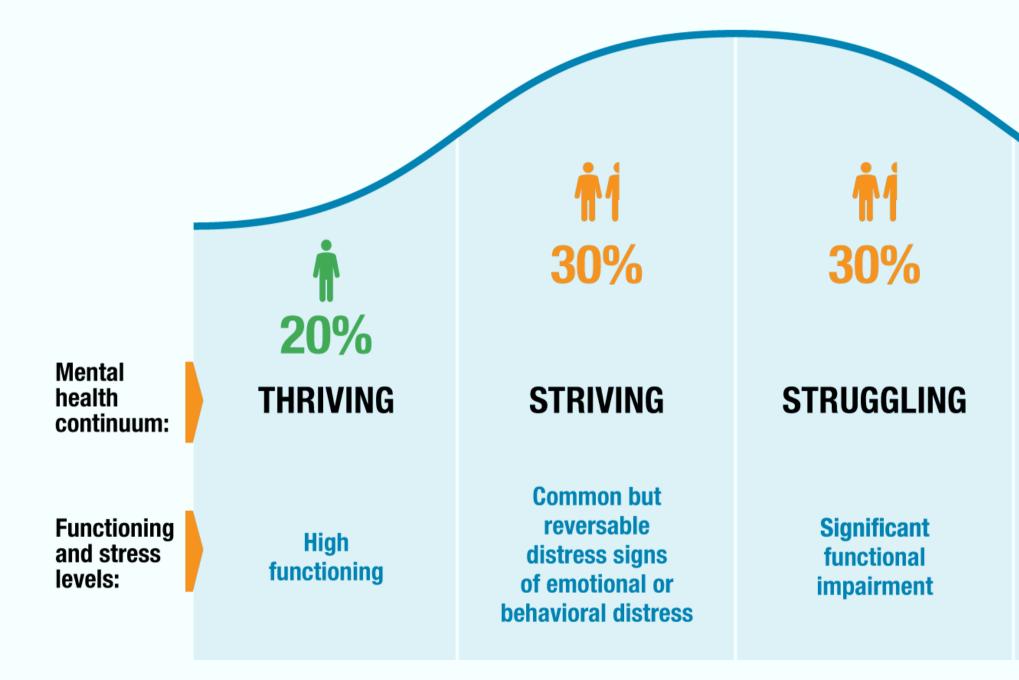EEK & SENSE

Adapted from Keyes, C. L. M., Hysom, S. J., & Lupo, K. L. (2000). The positive organization: Leadership legitimacy, employee well-being, and the bottom line. The Psychologist-Manager Journal, 4(2), 143–153

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