

GOANNA ACADEMY RESOURCES

Part 1: Who We Are & The Wellbeing Continuum

Who We Are

The Goanna Academy was founded by Greg Inglis and is the first Indigenous owned mental health organisation in Australia.

Drawing on his own lived experience, Greg established the Academy to break the stigma around mental health and change outcomes for all Aussies.

Our Purpose: No One Suffers Alone.

The Wellbeing Continuum

The Wellbeing Continuum is a representation of our wellbeing and mental health. It is a sliding scale and we can find ourselves moving up and down this scale as we go through challenging/stressful times. It's important to understand the signs and symptoms of each part, especially the red zone as that is when you should reach out for support.

Healthy	Reacting	Injured	III
Normal Functioning	Common & Reversible Distress	Significant Functional Impairment	Clinical Disorder, Severe & Persistent
• Normal mood fluctuations • Takes things in stride • Consistent performance • Normal sleep patterns • Physically & socially active • Usual self-confidence • Healthy self-esteem • Comfortable with others	• Irritable / Impatient • Nervousness, sadness, increased worrying • Procrastination, forgetfulness • Trouble sleeping or inability to fall asleep • Difficulty in relaxing • Intrusive thoughts • Decreased social activity	• Anger, anxiety • Lingered sadness, tearfulness • Feelings of hopelessness & worthlessness • Poor self-esteem • Inattentiveness • Decreased performance in schoolwork/work • Significantly disturbed sleep • Avoidance of social situations, withdrawal	• Significant difficulty with emotions, thoughts • High level of anxiety • Panic attacks • Depressed mood • Feeling overwhelmed • Constant fatigue • Disturbed contact with reality • Significant disturbing thoughts • Suicidal thoughts, intent or behaviour
Self Care and Social Support		Professional Care	