THOMAS WALKER CONSULTING

MENTAL HEALTH · FRAMEWORK

Integrated Mental Health Continuum

A TWC educational synthesis of influences, wellbeing and thinking patterns.

BIOPSYCHOSOCIAL INFLUENCES

Biological

Age, genetics, sleep, diet and physical health

Psychological

Thoughts, feelings, behaviours, coping and experiences

Social

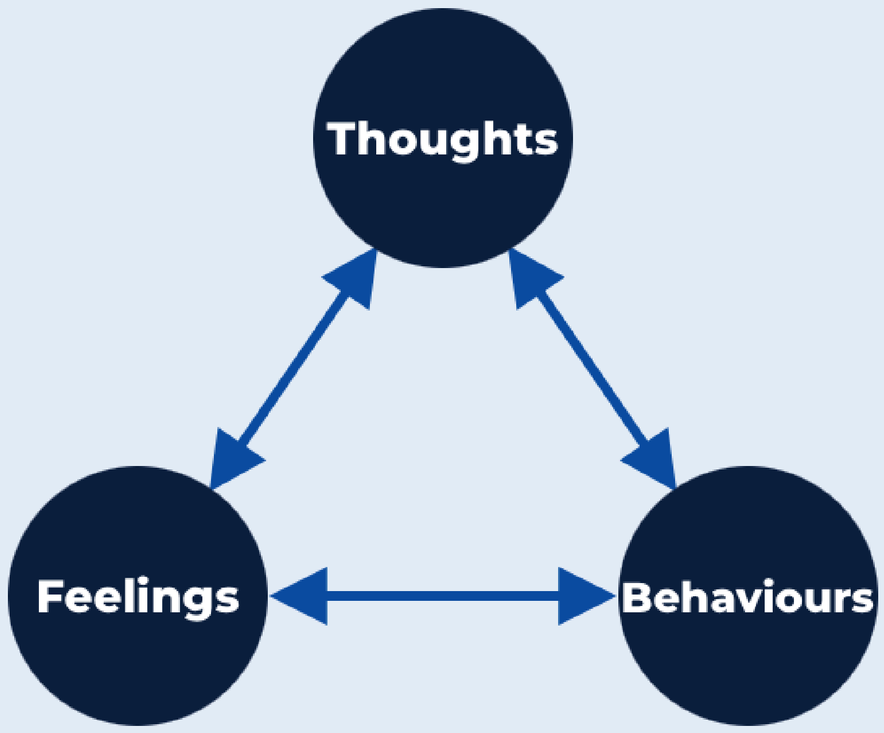
Work conditions, relationships, culture and access to support

MENTAL WELLBEING

Languishing	Moderate wellbeing	Flourishing

Wellbeing and mental illness are related but distinct. People can experience positive wellbeing while living with a mental illness, or low wellbeing without a diagnosable illness. *An educational illustration — not an assessment or an inevitable progression.*

THOUGHTS, FEELINGS AND BEHAVIOURS



Interacting thoughts, feelings and behaviours

Thoughts, feelings and behaviours influence one another — alongside bodily responses and the situation around us. Noticing one gives a way in to understanding the others.

Biopsychosocial approach: Engel (1977), *Science*, 196. Wellbeing continuum: Keyes (2002), *Journal of Health and Social Behavior*, 43(2). Cognitive model: Beck (1976), *Cognitive Therapy and the Emotional Disorders*. TWC evidence-informed educational resource · Reviewed October 2026.