

Your Personal Mental Health Check-In

Feelings

on a scale from 0 (not at all) to 10 (extremely), how stressed, anxious or down are you feeling?

Body

Notice any tension in your body like tight shoulders, chest, or jaw. You might experience dryness of the mouth, difficulty breathing, and a racing heart

Sleep

Are you constantly struggling to get to sleep, waking in the night earlier than usual, or finding it difficult to get back to sleep?

Thoughts

Are you always worrying about the worst-case scenarios? Focusing on 'what if' scenarios is not useful and it's best to try and limit this as much as possible

Reactions & Behaviour

If you're frequently snapping at those you love, finding it extremely difficult to focus, or always depending on things like alcohol or food to cope, its time to prioritise your mental wellbeing.

Check-in buddy

Choose a check in buddy. This may be your partner, housemate or even a friend or colleague you're keeping in touch with via video messaging. Be honest about how you are coping.

If you or someone you know is in immediate danger, contact the following crisis services:

Emergency 000

Lifeline 13 11 14



**Black Dog
Institute**