

HOW ARE YOU GOING?



Well

Unwell

How are you feeling?	Self-aware & calm	Irritable or impatient	Angry	Agressive out of control
What's your stress level?	Coping well	Worried nervous	Highly nervous panicky	Very anxious panic attacks
What's your outlook?	Positive outlook	Overwhelmed	Feeling hopeless	Depressed or suicidal thoughts
How are you working?	Working productively	Putting things off, forgetting	Poor performance	Unable to perform duties
How are you sleeping?	Sleeping normally	Trouble sleeping	Restless disturbed sleep	Sleeping too much or too little
What's your energy level?	Energetic	Low energy levels	Tired	Physical symptoms of illness
What's your activity level?	Keeping active	Decreasing activities	Little enjoyment from activities	Avoiding activities
How social are you?	Feeling connected	Withdrawing from social activity	Irritated & frustrated with others	Isolated from others

WHAT CAN YOU DO?



Keep it up!	Ask for support, try not to judge yourself	See your GP	You must get help
	Talk to friends and family	Don't put it off, act now.	Help is available
	Do something you enjoy	Contact Community Health or your EAP	Mental Health Line 1800 011 511



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