

How are you going?



Well



Unwell

How are you feeling?	Self-aware and calm	Irritable or impatient	Angry	Aggressive out of control
What's your stress level?	Coping well	Worried nervous	Very nervous panicky	Highly anxious panic attacks
What's your outlook?	Positive outlook	Overwhelmed	Feeling hopeless	Depressed or suicidal thoughts
How productive are you?	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	Avoiding activities
What's your activity level?	Keeping active	Decreasing activities	Little enjoyment from activities	Physical symptoms of illness
How sociable are you?	Feeling connected	Withdrawing from social activity	Irritated and frustrated with others	Isolated from others

What can you do?



mindaustralia.org.au



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	Call the <i>healthdirect</i> helpline on 1800 022 222 or your company's EAP	Emergency 000 Lifeline 13 11 14 Suicide Call Back Service 1300 659 467