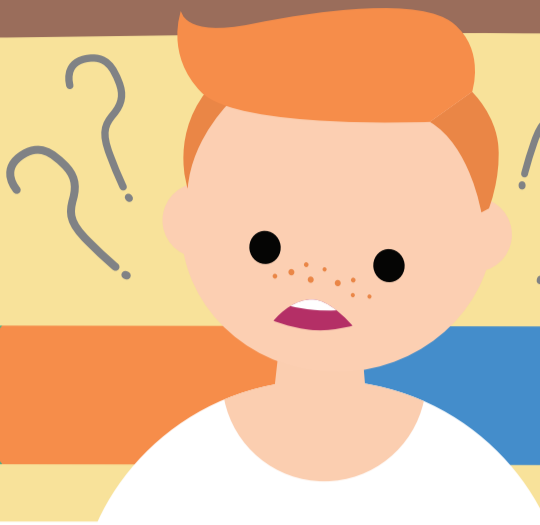


HOW ARE YOU GOING?



WELL



UNWELL



How are you feeling?	Self-aware and calm	Irritable or impatient	Angry or frustrated	Aggressive and out of control
What's your stress level?	Coping well	Worried or nervous	Very nervous, panicky	Really anxious, panic attacks
What's your outlook?	Positive	Overwhelmed	Feeling hopeless	Depressed or suicidal thoughts
How are you working?	Motivated and kicking goals	Putting things off, forgetting stuff	Unmotivated, not working well	Can't get anything done
How are you sleeping?	Normally	Trouble sleeping	Restless and disturbed	Sleeping too much or too little
What's your activity level?	Keeping active	Not doing as much as usual	Not enjoying activities	Avoiding activities
How social are you?	Feeling connected	Staying in more than usual	Annoyed with everyone	Avoiding people and isolated

WHAT CAN YOU DO?



<p>You're doing really well! Get some more wellbeing tips at ReachOut.com</p>	Talk to friends and family about how you're feeling	Chat to your GP. Get some support in place	Help is available. See your GP - don't put it off
	Get support anytime at ReachOut.com	Kids Helpline 1800 55 1800	Lifeline 13 11 14
	Practice some self-care by making time to do something you love	If you live rurally, check out ramhp.com.au	Suicide Callback Service 1300 659 467

