

# How are you going?



**WELL**

**UNWELL**

How are you feeling?

Self-aware & calm

Irritable or impatient

Angry or frustrated

Aggressive, 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 & kicking goals

Putting things off, forgetting stuff

Unmotivated, not working well

Can't get anything done

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

No energy & feeling unwell

What's your activity level?

Keeping active

Not doing as much as usual

Not enjoying activities

Avoiding activities

How social are you?

Feeling connected

Withdrawal from social activity

Annoyed with everyone

Avoiding people, isolated

# What can you do?



Keep it up!

Ask for support, try not to judge yourself

See your GP

Seek help now

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

Lifeline 13 11 14  
NSW Mental Health Line  
1800 011 511  
Beyond Blue 1300 224 636