

WEEKLY WELLBEING CHECK-UP

Trying this list each week to check in with your mental health.

#ADDRESSYOURSTRESS



Where's my mental health today?

How do I feel today?

Moods?

Physically?



Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How well am I sleeping?

Do I feel rested when I wake up?

Is there anything I can improve?



How's my thinking today?

How are my thoughts making me feel?

Am I feeling unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit getwellbeing.co.uk or moodgen.com.au



My Stress Container

How full is my container?

Am I using helpful coping strategies?

Am I busy working?

Learn about your Stress Container at mhEngland.org / mh-entire/campaigns/entire2018



mh.org.uk

There are simple steps you can take to #AddressYourStress. Check out our resources at mhEngland.org