WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

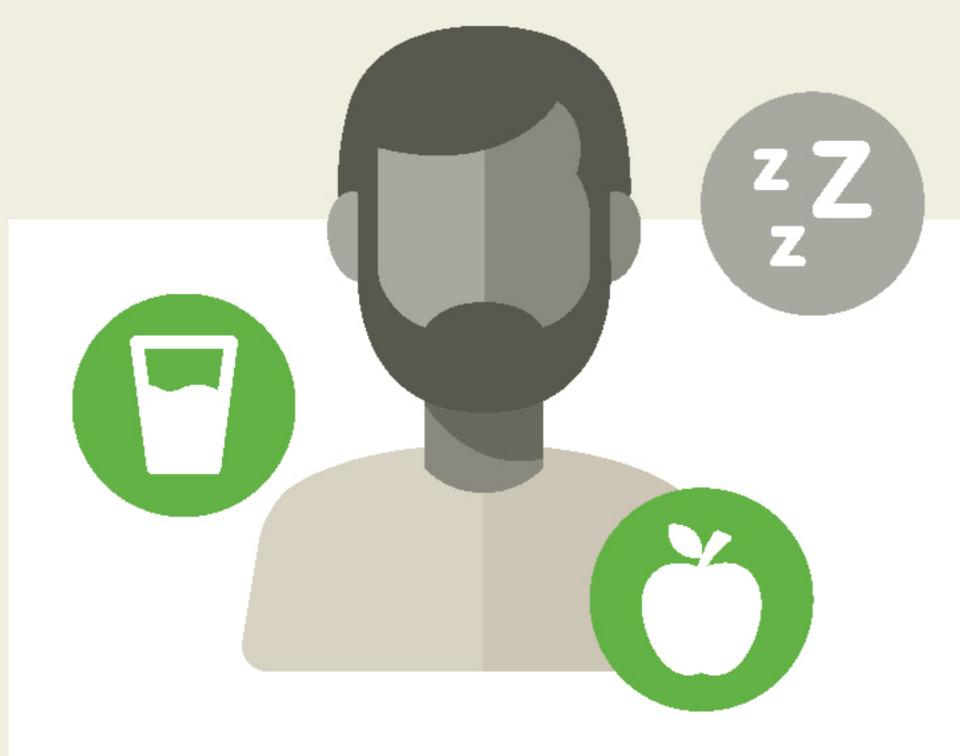


Where's my mental health today?

How do I feel today?

Mentally?

Physically?



Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when woke up?

Is there anything I can improve?



How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

Check out **getselfhelp.co.uk** Learn about your or moodgym.com.au for free resources on spotting and challenging unhelpful thoughts



My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

stress container here: mhfaengland.org/ mhfa-centre/campaigns/ mhaw2018



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