

How are you going?



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	You must get help
	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	NSW Mental Health Line 1800 011 511



Centre for Rural & Remote Mental Health

For more information:

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