

Self-check-in



Just like our physical health, mental health often changes over time. You can have ups and downs, good days and bad days.

Taking a moment to check in with yourself through a set of questions is a good way to understand more about your mental health and to figure out where you might need a bit of extra care.

Use the tool below to check in: Imagine this as a road trip for your mind – Are you cruising smoothly on a healthy healing circle or feeling a bit like a flat tyre?

1 Not at all	2 Every so often	3 Most of the time	4 A lot of the time	5 Always
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On a scale of 1 to 5 (above) rate your sense of where you are for each question below.

- Spirituality:** Do you have a sense of yourself as a spiritual being?
- Physical body:** How do you feel about your body? Do you feel healthy?
- Relationships:** Are your relationships (friends, family, and others) happy and supportive?
- Emotions:** Are you able to express your emotions in a healthy way?
- Stress:** Do you feel you are coping reasonably well with the normal stresses of daily living?
- Sexuality:** Are you comfortable in your sexuality? Do you feel it is a true reflection of your inner self?
- Life purpose:** Do you feel there is meaning to your life, and that you have a life purpose?

Once you've rated each question, connect the numbers on the diagram.

If your connections form a complete circle, you've got a healthy healing circle.

If you find flat spots, use them as opportunities to prioritise self-care.

Healthy healing circles contribute to our overall well-being.

Remember, this tool can't diagnose mental health conditions; only a mental health professional can provide an accurate diagnosis.

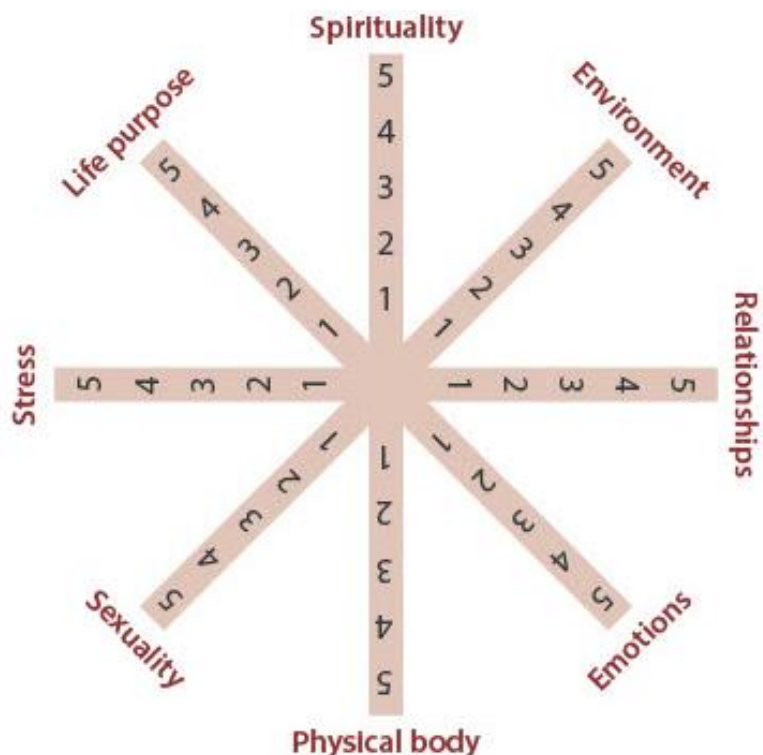


Figure 1: Flat tyres or healthy healing circles – a self check
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Self-care plan

A self-care plan can help you enhance your health and wellbeing and manage your stress.

This plan will help you to identify activities and practices that support your wellbeing and help you to sustain positive self-care in the long-term.

When you are faced with a crisis, you likely won't have time to create a coping strategy.

Take time to develop a plan in advance so it's there when you need it. Some examples are listed to get you started.

Your self-care plan can be as simple or complex as you need it to be. You don't need to use this template, you may just prefer a list or diagram.



Body	Mind	Emotions
e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups	e.g. take time for yourself, disconnect from electronic devices, learn new skills, access psychotherapy, life coaching, or counselling support if needed	e.g. engage in positive activities, acknowledge your own accomplishments, express emotions in a healthy way
Spirit	Relationships	Work
e.g. read inspirational literature, self-reflection, spend time in nature, meditate, explore spiritual connections	e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends	e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills



Emergency self-care

Emergency contacts

Name someone who you feel safe with and can contact if you are experiencing distress. This might be a friend, family member, or partner.

Name	_____
Phone	_____

Emergency self-care plan

Emergency self-care strategies	Helpful	Unhelpful
Relaxation and staying calm Which activities help you to relax? e.g. deep breathing, taking a walk Which activities make you more agitated or frustrated? e.g. yelling, swearing, or drinking	List your top emergency practices that help you during times of crisis or stress.	List the practices, people, places, or things to avoid during crisis or stress.
Self-talk Helpful self-talk may include, "I am safe/I can do this." Harmful self-talk may include, "I can't handle this/I knew this would happen/I deserve this."		
Social support Which family members and friends can you reach out to for help or support? Which people should you avoid during times of stress? Be honest about who helps and who zaps your energy.		
Mood Which activities support a positive mood? e.g. listening to uplifting music, enjoying the sunshine What should you avoid when times get tough? e.g. staying in bed all day, avoiding social activities		

Help is available

Talking and reading about mental health and suicide can be distressing and may bring up strong feelings or personal experiences for some people. If you're worried about how you, or someone else is feeling and need help, please use the below services to access support. If life is in danger, call **Triple Zero (000)**.

Tasmanian Support Services

A Tasmanian Lifeline

1800 98 44 34

Phone counselling service for psychological distress. 8am to 8pm.

www.lifelinetasmania.org.au

Mental Health Families & Friends Tasmania

03 6228 7448

Phone support and referral for families and friends supporting someone with their mental ill health.

9am-5pm weekdays.

www.mhfamiliesfriendstas.org.au

Access Mental Health

1800 332 388

Tasmanian phone service for mental health support, triage and referrals.

9am to 10pm 7 days.

National Support Services

Lifeline

13 11 14

24/7 phone and online counselling for Australians experiencing emotional distress.

www.lifeline.org.au

StandBy Support After Suicide

1300 727 247

24/7 suicide prevention counselling service.

www.standbysupport.com.au

Suicide Call Back Service

1300 659 467

24/7 phone counselling service for people at risk, concerned about someone at risk, or bereaved by suicide.

www.suicidecallbackservice.org.au

MensLine Australia

1800 789 978

24/7 National phone support and online counselling for men.

www.mensline.org.au

13YARN

13 92 76

24/7 phone support for Aboriginal and Torres Strait Islander people.

www.13yarn.org.au

QLife

1800 184 527

Phone and webchat LGBTI peer support for people wanting to talk about a range of issues. 3pm to 12am, 7 days.

www qlife.au/resources/chat

Open Arms – Veterans & Families

Counselling

1800 011 046

24/7 face-to-face, phone and online counselling.

www.openarms.gov.au/get-support/counselling

Beyond Blue

1300 22 4636

24/7 phone support & online chat service.

www.beyondblue.org.au

Kids Helpline

1800 55 1800

24/7 phone support and online counselling for young people aged 5 to 25.

www.kidshelpline.com.au

Headspace

24/7 online counselling for young people aged 12 to 25.

www.headspace.org.au