# **Wellbeing Self Care Check-up**

Give yourself a score 1, 2, or 3 for each of the following:

1. I rarely do this or I don’t do this well
2. I sometimes do this or I am average at doing this
3. I do this often or I do this very well

|  |
| --- |
| **Emotional Self Care** |
| Enjoy hobbies |  |
| Unplug from technology - email, social media |  |
| Express emotions and feelings through talking or journaling |  |
| Appreciate my own talents, accomplishments, and strengths |  |
| Take days off / rest days from responsibilities |  |
| Learn about or explore new things e.g. hobbies, foreign language |  |
| Practice self-nurturing activities e.g. long bath, gentle walk in nature, massage |  |
| Laugh about things |  |
| Treat myself to something special  |  |
| Take a holiday, escape, or mini-break |  |

|  |
| --- |
| **Physical Self Care** |
| Attend health upkeep appointments e.g. dental or GP check ups |  |
| Rest when unwell |  |
| Drink plenty of water |  |
| Get sufficient sleep |  |
| Exercise regularly |  |
| Eat regular meals |  |
| Exercise outdoors  |  |
| Focus on eating a healthy diet |  |

|  |
| --- |
| **Relational Self-Care** |
| Make time for friends and family |  |
| Stay in contact with distant connections |  |
| Engage in mentally stimulating conversations |  |
| Ask for help when you need it |  |
| Do fun activities with others |  |
| Spend quiet private time with partner |  |
| Make new friends/talk to new people |  |
| Connect with the community where you live |  |

|  |
| --- |
| **Professional Self-Care** |
| Seek support when required at work |  |
| Socialise or bond with co-workers |  |
| Put boundaries around work so it doesn’t impact on the rest of life |  |
| Maintain a comfortable or pleasant work environment |  |
| Seek out stimulating/interesting new tasks or projects |  |
| Take lunch breaks/regular work breaks |  |
| Manage time effectively |  |
| Say no to unnecessary/unreasonable tasks |  |
| Pursue further professional development opportunities |  |
| Seek recognition/promotion/reward where deserved |  |

|  |
| --- |
| **Spiritual Self-Care** |
| Enjoy the outdoors / time in nature |  |
| Volunteer / give to charity or community |  |
| Religious practice |  |
| Practice gratitude |  |
| Practice meditation / mindfulness |  |
| Allocate quiet time for reflection |  |
| Apply my personal talents, strengths, or values  |  |
| Appreciate beauty in the arts, literature, or music |  |

**Wellbeing Reflections**

**Signs and symptoms**

What are the early signs and symptoms I am struggling?

What are signs and symptoms I notice in someone I care about?

**Who’s my support crew?**

Emotional

Practical

Informational

Esteem

**Who do I support and how do I support them?**

**Getting out my toolbox**

What’s challenging me at the moment?

What’s in my toolbox – what resources can I draw on to help me deal with these challenges?

**What are my mental health and wellbeing protective factors?**

**Challenging stigma**

What can you do to help break down the stigma of mental illness in your team, brigade, unit, family or workplace?

**Wellbeing Support Services**

**Your agency Peer Support and EAP program |**

**Beyond Blue** **|** *Anyone feeling anxious or depressed*

beyondblue.org.au | 1300 22 4636

**MensLine Australia |** *Men with emotional or relationship concerns*

mensline.org.au |1300 78 99 78

**Lifeline |** *Anyone having a personal crisis*

lifeline.org.au | 13 11 14

**1800RESPECT |** *Family, domestic violence and assault concerns*

1800respect.org.au |1800 737 732

**Open Arms |** *Veteran and families counselling*

openarms.gov.au |1800 011 046

**Suicide Call Back Service |** *Anyone thinking about suicide*

suicidecallbackservice.org.au | 1300 659 467

**Kids Helpline |** *Counselling for young people aged 5 to 25*

kidshelpline.com.au | 1800 55 1800

**R U OK |** *How to speak with someone you’re concerned about*

ruok.org.au

**If you or someone you know is at immediate risk of harm, call triple zero (000)**