

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)
