

1. RECOGNISE THE SIGNS

THRIVING

- Usual fluctuations in mood with frequent positive emotions
- Able to achieve quality rest and sleep
- Physically well and feeling full of energy
- Engaged at home and work
- Sense of achievement
- Felt sense of meaning and purpose in life
- Socially active with high quality connections with others

SURVIVING

- Some nervousness, irritability or sadness
- Procrastination
- Forgetfulness
- Difficulties achieving adequate rest or sleep
- Muscle tension, headaches
- Low energy and feeling tired
- Decreased social activity

DISTRESSED/ STRESSED

- Frequent anxiety, anger, sadness, hopelessness or irritability
- Feeling numb
- Restless or disturbed sleep
- Frequent aches and pains
- Fatigue
- Social avoidance or withdrawal
- Negative outlook, thinking or attitude
- Increased alcohol or other substance use
- Significant loss or gain in appetite

UNWELL

- Intense and persistent emotions - anxiety, low mood or irritability
- Difficulties falling or staying asleep
- Sleeping too much or too little
- Significant weight loss or gain
- Exhaustion
- Physical illness
- Difficulties consistently attending work or performing duties
- Isolation, avoiding social activities
- Frequent alcohol or other substance use

2. DETERMINE YOUR FOCUS

To maintain and optimise your mental fitness

To strengthen your mental fitness and resilience

To mobilise support and develop a mental wellness action plan

To seek professional assistance and develop a support action plan

3. TAKE ACTION

- Actively engage in coping strategies e.g. relaxation, mindfulness, breathing
- Maintain and nurture relationships
- Practice gratitude and self-compassion
- Maintain a healthy lifestyle
- Set SMART (Specific, Measurable, Achievable, Realistic, Timeframe) goals
- Maintain an optimistic outlook

- Explore opportunities to increase use of coping strategies
- Consider experimenting with new coping strategies
- Practice challenging unhelpful thinking
- Amplify healthy lifestyle habits including exercise
- Increase frequency of social activities and pleasant events

- Connect with EAPS (Employee Assistance and Psychological Services) or your GP (General Practitioner)
- Where necessary consult your GP for improved sleep hygiene techniques and/or to discuss alcohol or substance use
- Pro-actively schedule social activities and pleasant events

- Establish a strong network of support including a mental health professional (For example; EAPS or your GP)
- Refer to "Support available in the Community" and tap into any appropriate referral options for you

If you are worried about yourself or someone you know contact your local GP.

If you feel more urgent support is needed, contact:

Lifeline Australia on 13 11 14 or
Lifeline New Zealand on 0800 543 354



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