Tip sheet
Mental wellbeing check-in

We all have tough times and down days, periods of time when we feel that things are 'not quite right'. During these times we might experience overwhelming emotions, we could feel loneliness or anxiety, we may be quick to anger or just feel 'down' or 'blue'. But how do we know when we need help, when we need to reach out to someone else and take the brave step to say the words 'I'm not okay'?

Time for a mental health check-in?

If your feelings of being down, tense, angry or anxious have been continuing for a long period of time, you may be experiencing poor mental health and you may need to seek support to get well again. Poor mental health isn't a 'phase' or something people can just 'get over', and it's not something to be ashamed of or a sign that you are a 'failure'. When you are experiencing poor mental health, it's important to get help before there are impacts on your everyday life and your relationships at home, with family and friends and at work. Mental self-awareness is a vital tool for checking in on your wellbeing. Through being self-aware, you can identify emotional and behavioural warning signs.

You can take a quick audit of your mental health by completing the following checklist:

	Never	Some times	Often
Moodiness that is out of character			
Increased irritability and frustration			
Finding it hard to take minor personal criticisms			
Spending less time with friends and family			
Loss of interest in fun/ enjoyable activities			
Difficulty sleeping			
Increased alcohol and/ or drug use			
Staying home from work			
Increased physical health complaints like fatigue or pain			
Being reckless or taking unnecessary risks			
Slowing down of thoughts and actions			
Feeling bad about yourself or seeing yourself as a failure			
Difficulty in concentrating on work or other activities			
Considering self-harm or suicide*			

If your symptoms of poor mental health have been continuing for a long period of time, you may need to talk to someone about how you are feeling. Talking with a trusted person, a close friend, a colleague or a member of your family is a great place to start.

You may want to ask them if they have noticed any changes in your emotional state or in your everyday behaviour. Speaking with someone who is close to you can help to reassure you about your own feelings and your mental health and it can also prompt you to take additional steps to improve your mental health, like speaking with a medical professional.

Improving your own mental health and wellbeing

Looking after your mental health is important and we can all take proactive, positive steps to stay mentally well.

Relationships

Building and maintaining strong personal relationships is one of the best things we can do for our mental health. When we have a broad network of family, friends and work mates it is more likely that our emotional needs are being met. Investing in our relationships by spending time together, at work and in social settings, helps us to feel connected and supported.

Community

Contributing to the community is a wonderful way to help others as well as broadening your social circle, adding a sense of meaning and purpose to your life and increasing your sense of wellbeing.

Staying healthy

Living a healthy and active lifestyle has also been shown to keep you mentally healthy and reduce the incidence and symptoms of depression and anxiety. Eating a healthy diet and minimising the consumption of alcohol are also keys to a happy, healthy lifestyle.

Sleeping well

Making sure you get enough sleep is vital for your physical and mental health, as well as for helping you to be alert and 'switched on' at work.

Staying positive

Becoming a 'positive thinker' by being conscious of negative and unhelpful thoughts and challenging them. You can do this by writing down the negative thoughts that concern you most and then writing down positive actions you can take to address any worries. It is also important to focus on things that you can actively control and positively influence.

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When *life* works better,
business works better.
Pai ake te *oranga*, pai ake te *pakihi*.