

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**

