

AREC Self Wellbeing Check-in tool

This tool has been designed to assist you to reflect on your own mental health and wellbeing status to frame up your triggers and guide your support planning.

	Thriving	Surviving	Distressed/stressed	Unwell
PHYSICAL WELLBEING	How have you been feeling physically? How has your energy been?			
	<ul style="list-style-type: none"> You feel physically well and full of energy 	<ul style="list-style-type: none"> Occasionally you have low energy and motivation You have occasional muscle tension, headaches At time you are tired and lethargic You suffer from minor physical ailments 	<ul style="list-style-type: none"> You often have low energy and feel tired/fatigued You frequently suffer from muscle tension, headaches, aches, and pains Significant loss or gain in appetite/weight 	<ul style="list-style-type: none"> You feel physically unwell or have a physical illness You have significant weight loss or gain On reflection you notice decreased personal care You have started to use drugs or excessive alcohol
EMOTIONAL WELLBEING	How have you been feeling lately?			
	<ul style="list-style-type: none"> You have usual fluctuations in mood with frequent positive emotions You can manage usual frustrations and stressors 	<ul style="list-style-type: none"> You feel some nervousness, irritability, or you have significant periodic feelings of ongoing sadness 	<ul style="list-style-type: none"> You are frequently anxious, nervous, or often feel ongoing anger, sadness, hopelessness, or irritability You often feel numb and disconnected 	<ul style="list-style-type: none"> You are experiencing intense and persistent emotions - agitation, anger, anxiety, low mood, irritability, hopelessness, helplessness, overwhelmed You notice you frequently worry or have concern
SLEEP	How has your sleeping been recently?			
	<ul style="list-style-type: none"> You are managing to achieve quality rest and sleep; you feel you are well rested 	<ul style="list-style-type: none"> You have difficulties achieving adequate rest or sleep for relatively short periods 	<ul style="list-style-type: none"> You have difficulties achieving adequate rest or sleep over an extended period You often suffer from restless or disturbed sleep 	<ul style="list-style-type: none"> You have difficulties falling or staying asleep Your sleep is disturbed by dreaming, worry or excessive thinking You are sleeping too much or too little
ACTIVITY	How have you been going about your usual activities? How are your connections with others?			
	<ul style="list-style-type: none"> You achieve set tasks You have a sense of purpose and confidence You are socially active with strong connections with others You are engaged at home and work. 	<ul style="list-style-type: none"> You have decreased interest in social activity and engagement with the team You are noticing you have decreased involvement in usual activities 	<ul style="list-style-type: none"> You now have difficulties initiating work tasks Reduced motivation and workplace engagement Social avoidance, withdrawal, or detachment from others You are starting to avoid social activity with colleagues, family, and friends 	<ul style="list-style-type: none"> You are now having difficulty in consistently attending work or performing duties Difficulties making decisions or completing tasks You notice you have significantly reduced workplace motivation and engagement You are now isolating from others and avoiding social activities
THINKING	Is there anything that you have been thinking about a lot or that has been preoccupying your time?			
	<ul style="list-style-type: none"> You can maintain good focus and attention Any concerns or worries you have can be dismissed or managed 	<ul style="list-style-type: none"> Are you excessively procrastinating? Have you noticed that you are more forgetful and have reduced concentration Are you having difficulty making decisions in a timely manner 	<ul style="list-style-type: none"> Are you having regular thoughts and worries about issues/ incidents? Are you having a generally negative outlook, thinking, or attitude? Are you noticing increased forgetfulness? 	<ul style="list-style-type: none"> Frequent thoughts/dreams/memories of issues You are now talking of unusual/disturbing thoughts You now have chronic negative and critical attitudes You are definitely having difficulties with memory and concentration
ACTIONS	<p>SHIELD – maintain, optimise, and promote wellbeing</p> <ul style="list-style-type: none"> Actively engage with your coping strategies and support options as part of your proactive steps to optimise wellbeing Promote positive wellbeing & mental health literacy with others and assist others by normalising support and help seeking Maintain and nurture relationships Practice gratitude and self-compassion Maintain an optimistic outlook 	<p>SENSE – monitor and strengthen wellbeing and resilience</p> <ul style="list-style-type: none"> Explore opportunities to increase use of coping strategies including new strategies Amplify healthy lifestyle habits – exercise, nutrition, sleep, social activities 	<p>ENCOURAGE – mobilise support and follow up</p> <ul style="list-style-type: none"> Proactively reach out to social supports, friends, family, social networks. Connect with someone you trust to discuss things, a trusted family member, friend, person in your social networks, or a colleague. Where necessary consult with your GP. Consider other workplace supports such as AREC EAP Services With the help of your advisors create your own Wellbeing and Resilience plan to ensure you better understand your triggers, early warning signs and helpful coping strategies 	<p>SUPPORT – facilitate referral to professional support and develop a support plan</p> <ul style="list-style-type: none"> Establish a strong network of support including a mental health professional (through your GP or with assistance of EAP Services) Where appropriate consider ACC Consider options regarding workplace support from AREC Employee Assistance Services provider EAP Services.