



# Wellbeing Checker ✓

Wellbeing can be a complex and difficult thing to understand so why not use our Wellbeing checker to help get to grips with it. Take a look through and see where you sit and, if you feel you're in a few amber or red boxes, maybe it's time to consider changing a few things or contacting your **'employee assistance programme'**.



## Physical wellbeing

- Physically well
- Exercising as normal
- Sleeping well and feeling rested
- Eating and drinking as normal



## Psychological wellbeing

- Enjoying leisure activities
- Feeling mentally able to focus and concentrate
- Interested and curious about what's going on around you



## Social wellbeing

- Feeling connected to colleagues
- Regular meaningful contact with loved ones

## Indicates



If you're mostly here, you're doing OK

Green

Amber

Red

- Feeling more tired or weaker than normal
- Poor sleep and/or exercise patterns
- Infrequent or unhealthy eating and drinking

- Feeling angry, anxious, low or sad much of the time
- Difficulty focusing and concentrating
- Your 'stress container' is nearly at its limit
- Intrusive thoughts
- Guilt about decisions made

- Limited sense of connection with work colleagues/team
- Withdrawal mentally from loved ones



If you're regularly in this zone it's time to do something to help

- Disrupted or no sleep, nightmares
- Exhausted or lethargic
- Using alcohol or substances to cope
- No physical or leisure activity

- Feeling afraid, numb or overwhelmingly sad
- Unable to focus or concentrate
- Unable to distract yourself from thoughts
- Feeling hopeless or unable to cope much of the time
- Feeling intense anger and/or acting on anger

- Isolated from or avoiding colleagues
- Cutting yourself off from family and friends
- Avoiding and/or dreading social activity
- Not experiencing enjoyment



If you're mostly here or experiencing difficulties it's time to stop and act.

Your employee assistance programme is free and confidential. see below.

**CONTACT YOUR EMPLOYEE ASSISTANCE PROGRAMME:**