

WEEKLY WELLBEING CHECK-UP

#ADDRESS YOUR STRESS

Try using this list each week to check in with your mental health



Where's my mental health today?

How do I feel today?

Mentally?

Physically?



Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?



How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit getselfhelp.co.uk or moodgym.com.au



My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your Stress Container at mhfaengland.org or mhfa-centre/campaigns/mhaw2018



MHFA England

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org