



# SELF-CHECK

Make your wellbeing your priority



## 1 MOOD

Have you noticed any changes to your mood such as being more irritable, emotional, angry, grumpy?



## 2 SLEEP

Have you noticed any changes to your sleep? Suffering from insomnia?



## 3 DRINKING/SUBSTANCES

Have you noticed an increase (or commencement) in drinking or consuming alcohol or other substances?



## 4 APPETITE

Have you noticed any changes to your appetite - eating more or eating less?



## 5 THOUGHTS

Have you noticed any changes to your thoughts? Is your mind racing? Are you catastrophising or ruminating over things?



## 6 BEHAVIOUR

Have you noticed any changes to your behaviour?