



# Mental health Self-Assessment Card

Reflect on the following questions by yourself or with a friend or colleague.  
These questions will encourage you to become more present and attuned to the state of your mental health.

## How would you describe your mental health?



- Are you feeling positive or negative?
- Do you feel stressed, anxious or depressed?
- Do you feel confident to tackle the day ahead?

## Are you looking after your general health?



- Are you getting enough sleep?
- Are you maintaining a nutritious, balanced diet?
- Are you taking regular exercise?

## Is your stress bucket in check?



- How is stress impacting your life?
- What coping mechanisms do you use to deal with stress?
- Are these healthy or unhealthy coping mechanisms?

## What is your internal monologue like?



- What are you thinking at the moment?
- Are your thoughts positive or negative?
- How do your thoughts make you feel?

## The mental health continuum

Mental health is something we all have. Where we sit on the mental health continuum is a constantly changing process.

## Your wellbeing journey

Reflect on the state of your mental health, then think about where you would like to be. What positive steps can you take to support your wellbeing?

Start your wellbeing journey with us and empower your staff to thrive!

Find out more at [www.thrive4.life](http://www.thrive4.life) or get in touch at [info@thrive4.life](mailto:info@thrive4.life)