

How are **you** today?

No matter how we feel, we can all take steps to positively influence our mental health and the mental health of others around us. Take a moment to reflect on the questions below and notice how you are feeling today. Support colleagues, friends and family by starting a conversation.

Questions to ask yourself

- ? How **motivated** do I feel today?
- ? What are my perceived **energy levels**?
- ? Do **simple tasks** and **decisions** feel **easy or difficult** to me today?
- ? How well have I **slept** lately?
- ? Have I **exercised** well lately?
- ? How has my **diet** been recently?
- ? How **purposeful** do I feel?
- ? How **connected** am I to **family and friends**?
- ? How well am I **balancing stress** with **recovery**?
- ? How **worried or relaxed** am I about my **finances** at the moment?

What's your form today?

- 10 All-time lifetime peak form
- 9 Exceptional form
- 8 Very good form
- 7 Good form
- 6 Average form
- 5 Low mood
- 4 Very low mood
- 3 Extremely low mood
- 2 I am struggling and need help
- 1 Crisis, please reach out to me



It's time to smash the stigma.
Let's make this the decade of mental health.

Reflect. Notice. Support.

