



HOW ARE YOU?



Healthy



Unhealthy

EMOTIONS	Self-aware & calm	Irritable or impatient	Angry or depressed /flat	Aggressive out of control
EMOTIONS	Coping well	Panicky and irritable	Panicky	Very anxious panic attacks
MENTAL OUTLOOK	Positive outlook	Overwhelmed	Hopeless	Depressed thoughts
PRODUCTIVITY	Working productively	Putting things off, forgetful	Poor performance	Unable to do duties
SLEEP	Sleeping normally	Trouble sleeping	Restless sleep	Sleeping too much or little
ENERGY	Energetic	Low energy levels	Tired	Physically ill symptoms
ACTIVITY	Keeping active	Less activities	Less joy from activities	Avoiding activities
SOCIAL connection	Feeling connected	Social activity withdrawal	Frustrated with others	Isolated from others



TAKE ACTION

Keep it up!

Ask for support, talk to friends & family, do something you enjoy

See a health professional, don't put it off, act now

Get help



go and see **margo**

References:
ramp.com.au
commh.com.au