



## **MENTAL HEALTH CHECKLIST**

**Indicators that might mean you are experiencing mental ill healthy, usually people experience a combination of these signs and experience of a prolonged period of time.**

<i>Indicators that you may need some mental health support</i>	<b>Never</b>	<b>Sometimes</b>	<b>Always</b>
<i>I feel depressed</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I feel sad/ empty</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I am excessively tired or fatigued</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I feel worthless</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I struggle in social situations and feel isolated</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I get irritable with people and myself.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I am unable to enjoy activities</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>My sleep pattern is disturbed (too little or too much)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>My appetite has changed or I have no appetite</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Hair loss</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I cannot be bothered getting washed or dressed</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I do not feel confident enough to do simple tasks</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I have no interest in doing things</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I can't concentrate on things very well</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Poor memory / forgetfulness</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>It is difficult for me to complete tasks</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I find it hard to talk about feelings</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I find I cannot stop talking</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I feel guilty for no reason</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<i>Indicators that you may need some mental health support</i>	<i>Never</i>	<i>Sometimes</i>	<i>Always</i>
<i>Decreased libido</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Racing thoughts</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Impulsiveness</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Increased risky behavior</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Excessive energy / Hyperactivity</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**MENTAL HEALTH CHECKLIST:**

**Signs that you need support with your mental health.**

<i>Do you?</i>	<i>Yes</i>	<i>No</i>
<i>Self harm</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Suicidal thoughts</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Crying for sustained periods</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Mood swings</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Excessive worry</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Anxiety attacks</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Hallucinations</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Paranoia</i>	<input type="checkbox"/>	<input type="checkbox"/>

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## MENTAL WELL-BEING

The World Health organisation defined the *mental well-being* as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community<sup>1</sup>.

Peoples mental health can be impacted by various factors including : trauma, abuse, racism, unemployment, poverty, or inequality.

In order to improve your mental health you may want seek support or find solution to the above mentioned issue.

### MENTAL WELL-BEING CHECKLIST:

#### INCREASING RESILIENCE-

*Resilience is described as the capacity to cope with adversity and to avoid breakdown when confronted with stressors. Many internal and external factors have been found to increase personal resilience.*

*Resilience also depends on a person's cognitive make up – a sense of self esteem – which could change along a spectrum depending on diverse factors listed above.*

*Developing the following coping strategies may increase your resilience and help your mental health wellbeing*

**Keeping things in perspective.** *Try to rationalize the impact of particular negative event. It is easy to blow things out of proportion and overreact. Avoid catastrophic thinking and rather focus on what you need to do make the situation better.*

**Be optimistic.** *List the positive in every situation. Develop positive mantras, if possible discuss with a trusted contacts to reflect on the positive aspects.*

**Reduce stress.** *Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. Strategies of coping include: get enough sleep, think positive, set priorities and seek help.*

**Keep healthy lifestyle** *towards this by healthy eating, regular physical activity, sensible drinking and good sleep.*

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## BE MINDFUL

*The mindfulness is an ancient practice that aims of being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. Becoming a more mindful person requires commitment and practice.*

*Here are some tips to help you get started.*

**Take a breath.** *Deep breathing is one of our easiest, most convenient and natural tools to combat issues like stress and anxiety, reduce pain, etc. Take deep breaths in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.*

**Practice mindful eating.** *Be aware of each bite and when you're full.*

**Enjoy a stroll and notice the sights around you.**

**Find mindfulness resources** *in your local community, including classes, programs, or books.*

## BEING SOCIALLY CONNECTED

*Social connections might help protect health and lengthen life. Research suggests that acts of giving and kindness can help improve your mental wellbeing by: creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth helping you connect with other people.*

*Some examples of the things you could try include:*

**Build a social support network.**

**Build strong relationships** *with your family, friends and who you care.*

**Join a group focused on a favorite hobby,** *such as reading, hiking, or painting, etc.*

**Take a class to learn something new.** *Provide opportunities through training and personal development; share experience and skills across teams; provide magazines or books in common areas.*

**Volunteer for things you care** *about in your community, like a community garden, school, library, or place of worship.*

**Connect with nature, pets or animals**

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