



## THE MINDFIT SELF ASSESSMENT TOOL

This tool has been designed to assist you understand your current mental health status and identify steps to optimising your mental fitness and wellbeing. Being mentally fit allows us to realise our potential, cope with stress, work productively and contribute to our workplace and community.

To use this tool 1) Watch webinar “My loved one is not themselves, what do I do? Found in the watch now section of the NSW Ambulance Family Support Network web page 2) Print this document 3) tick the boxes in each of the columns below 4) The column with the most ticks indicates where you are at with your mental health 5) review actions and support options

	THRIVING	SURVIVING	DISTRESSED/STRESSED	UNWELL
<b>SIGNS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Usual fluctuations in mood with frequent positive emotions</li> <li><input type="checkbox"/> Able to achieve quality rest and sleep</li> <li><input type="checkbox"/> Physically well and feeling full of energy</li> <li><input type="checkbox"/> Engaged at home and work</li> <li><input type="checkbox"/> Sense of achievement</li> <li><input type="checkbox"/> Felt sense of meaning and purpose in life</li> <li><input type="checkbox"/> Socially active with high quality connections with others</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Some nervousness, irritability, sadness</li> <li><input type="checkbox"/> Procrastination</li> <li><input type="checkbox"/> Forgetfulness</li> <li><input type="checkbox"/> Difficulties achieving adequate rest or sleep</li> <li><input type="checkbox"/> Muscle tension, headaches</li> <li><input type="checkbox"/> Low energy and feeling tired</li> <li><input type="checkbox"/> Decreased social activity</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Frequent anxiety, anger, sadness, hopelessness or irritability</li> <li><input type="checkbox"/> Feeling numb</li> <li><input type="checkbox"/> Restless or disturbed sleep</li> <li><input type="checkbox"/> Frequent aches and pains</li> <li><input type="checkbox"/> Fatigue</li> <li><input type="checkbox"/> Social avoidance or withdrawal</li> <li><input type="checkbox"/> Negative outlook, thinking or Attitude</li> <li><input type="checkbox"/> Increased alcohol or other substance use</li> <li><input type="checkbox"/> Significant loss or gain in appetite</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Intense and persistent emotions- anxiety, low mood or irritability</li> <li><input type="checkbox"/> Difficulties falling or staying asleep</li> <li><input type="checkbox"/> Sleeping too much or too little</li> <li><input type="checkbox"/> Significant weight loss or gain</li> <li><input type="checkbox"/> Exhaustion</li> <li><input type="checkbox"/> Physical illness</li> <li><input type="checkbox"/> Difficulties consistently attending work or performing duties</li> <li><input type="checkbox"/> Isolation, avoiding social activities</li> <li><input type="checkbox"/> Frequent alcohol or other substance use</li> </ul>
<b>FOCUS</b>	<b>To maintain and optimise your mental fitness</b>	<b>To strengthen your mental fitness and resilience</b>	<b>To mobilise support and develop a mental wellness action plan</b>	<b>To seek professional assistance and develop a support action plan</b>
<b>ACTIONS</b>	<ul style="list-style-type: none"> <li>• Actively engage in coping strategies e.g. relaxation, mindfulness, breathing</li> <li>• Maintain and nurture relationships</li> <li>• Practice gratitude and self-compassion</li> <li>• Maintain a healthy lifestyle</li> <li>• Set SMART (Specific, Measureable, Achievable, Realistic, Timeframe) goals</li> <li>• Maintain an optimistic outlook</li> </ul>	<ul style="list-style-type: none"> <li>• Explore opportunities to increase use of coping strategies</li> <li>• Consider experimenting with new coping strategies</li> <li>• Practice challenging unhelpful thinking</li> <li>• Amplify healthy lifestyle habits including exercise</li> <li>• Increase frequency of social activities and pleasant events</li> </ul>	<ul style="list-style-type: none"> <li>• Connect with EAPS (Employee Assistance and Psychological Services) or your GP (General Practitioner)</li> <li>• Where necessary consult your GP for improved sleep hygiene techniques and/or to discuss alcohol or substance use</li> <li>• Proactively schedule social activities and pleasant events</li> </ul>	<ul style="list-style-type: none"> <li>• Establish a strong network of support including a mental health professional (For example; EAPS or your GP)</li> <li>• Refer to “Support available in the Community” and tap into any appropriate referral options for you</li> </ul>
	<p><b>Support and options to discuss your self-assessment further include:</b></p> <ul style="list-style-type: none"> <li>• Make an appointment with our EAPS and take your self-assessment form with you for discussion. Call 1300 360 364 to make an appointment               <ul style="list-style-type: none"> <li>• Take your self-assessment form to your GP for discussion</li> </ul> </li> </ul>			



**NSW Ambulance**

 **Family Support Network**