

THRIVING

- Enthusiastic
- Calm
- Achieving goals
- Sleeping well
- Eating normally
- Normal social life



MAINTAIN YOUR WELLBEING

- Connect with others
- Be physically active
- Learn new skills
- Give time and kindness to others
- Be present in the moment

SURVIVING

- Concerned
- Restless
- Irritable
- Less happy
- Trouble sleeping
- Distracted
- Isolatory



PROMOTE YOUR WELLBEING

- Actively engage in coping techniques & self-care
- Engage more with family, friends or support groups
- Be reflective. What are your support needs or safety/wellbeing plans?

STRUGGLING

- Anxious
- Often sad
- Tired
- Reduced performance
- Restless sleep
- Eating changes
- Negative thinking



FOCUS ON YOUR WELLBEING

- Connect with your family, friends, work peers, support services or contact your GP
- Talk about how you are feeling
- Consider trying a new coping technique

IN CRISIS

- Very anxious
- Depressed
- Absenteeism
- Exhausted
- Very poor sleep
- Weight change
- Hopeless or suicidal



PRIORITISE YOUR WELLBEING

- Prioritise asking for help and self compassion
- Contact your GP and any existing support
- If urgent think 111 or in an emergency dial 999
- We all struggle at times and remember, every life matters